

# MAKING THE HARD CHANGES IN ME

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## WHY ARE SOME THINGS IN ME SO HARD TO CHANGE?

Why do I hold on to self-defeating habits?

1. BECAUSE \_\_\_\_\_
2. BECAUSE \_\_\_\_\_
3. BECAUSE \_\_\_\_\_
4. BECAUSE \_\_\_\_\_

*“Since you have heard all about Jesus and have learned the truth that is in him, throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes. You must put on your new nature because you are a new person, created in God’s likeness — righteous, holy, and true. So put away all falsehood and tell your neighbor the truth because we belong to each other. Don’t let the sun go down while you are still angry, for anger gives a mighty foothold to the devil.”*

*Ephesians 4:21-27 (NLT)*

## 4 REQUIREMENTS FOR LASTING, PERSONAL CHANGE

### 1. CHANGE REQUIRES \_\_\_\_\_

*“Learn the truth and never reject it!”* Proverbs 23:23 (NCV)

*“People say to God’s messenger, ‘Don’t tell us the truth! Just say things that will make us feel good, and things we want to hear. Let us keep our illusions.’”* Isaiah 30:10 (NCV/TEV)

*“Jesus said, ‘I’m telling you the truth’... Yet instead of facing the evidence and accepting it, you procrastinate with questions.”* John 3:11 (MSG)

*“When we claim we haven’t sinned, we’re only fooling ourselves and refusing to accept the truth.”* 1 John 1:8 (NLT)

Behind every self-defeating behavior is a LIE I’m believing.

*“Love should always make us tell the truth. Then we will grow in every way and be more like Christ.”* Ephesians 4:15 (CEV)

*“Sanctify them by the truth; your word is truth.”* John 17:17 (NIV)

*“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God’s way of preparing us in every way, fully equipped for every good thing God wants us to do.”*

*2 Timothy 3:16–17 (NLT)*

### 2. LASTING CHANGE REQUIRES \_\_\_\_\_

*“There must be a spiritual renewal of your thoughts and attitudes.”* Ephesians 4:23 (NLT)

Think → Feel → Act

*“Let the same mind and attitude be in you which was in Christ Jesus.”* Philippians 2:5 (AMPC)

## MY SO-CALLED “DEFECTS” ARE OFTEN ...

... \_\_\_\_\_  
... \_\_\_\_\_

### 3. LASTING CHANGE REQUIRES \_\_\_\_\_

*“Put away all falsehood and tell your neighbor the truth because we BELONG to each other.”* Ephesians 4:25 (NCV)

*“You’ll never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.”*

*Proverbs 28:13 (GNT)*

*“By helping each other with your troubles, you truly obey the law of Christ.”* Galatians 6:2 (NCV)

## Many Examples of One-on-One Coaching in the Bible

### 5 Kinds of Group Coaches in Christ’s Church

*“Christ gifted some of us to be apostles, prophets, evangelists, pastors, and teachers, so that his people would LEARN to serve and his body would GROW STRONG. This will continue until we’re united by our faith and understanding of the Son of God. Then we will be MATURE, just as Christ is, and we will be completely LIKE HIM.”*

*Ephesians 4:11–13 (CEV)*

### 4. LASTING CHANGE REQUIRES \_\_\_\_\_

*“This is the word of the Lord: ‘You will not succeed by your own strength or power, but by my Spirit,’ says the Lord.”* Zechariah 4:6 (NCV)

*“As the Spirit of the Lord works within us, we become more and more like Him.”* 2 Corinthians 3:18 (TLB)