

## **MAKING THE HARD CHANGES IN ME**

### **Getting a Life Re-set**

#### **WHY IS IT SO HARD TO CHANGE MYSELF?**

- Because I have had them so long.
- Because I Identify with them.
- Because my defects have a payoff.
- Because Satan discourages me.

*“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)

#### **PRINCIPLES FOR PERSONAL CHANGE**

##### **1. CHANGE REQUIRES LEARNING THE TRUTH.**

*“Since you have heard [all] about Jesus and have learned the truth that is in him...”* Ephesians 4:21

*“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; TLB)

##### **2. CHANGE REQUIRES MAKING CHOICES.**

*“... throw off your old evil nature and your former way of life,*

*which is rotten through and through, full of lust and deception.”*

Ephesians 4:22

*“Continue to WORK OUT your salvation with fear and trembling, for it is God who WORKS IN you to will and to act according to his good purpose.”* Philippians 2:12-13

##### **3. CHANGE REQUIRES NEW THINKING.**

*“Instead, there must be a spiritual renewal of your thoughts and attitudes.”* Ephesians 4:23

→ **Think Feel Act**

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

##### **4. CHANGE REQUIRES THE HOLY-SPIRIT.**

*“You must put on your new nature because you are a new person, created in God's likeness—righteous, holy, and true.”* Ephesians 4:24

*“... As the Spirit of the Lord works within us, we become more and more like Him.”* 1 Corinthians 3:18 (TLB)

##### **5. CHANGE REQUIRES HONEST COMMUNITY.**

*“So put away all falsehood and tell your neighbor the truth because we belong to each other.”* Ephesians 4:25

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

##### **6. CHANGE REQUIRES OVERCOMING TEMPTATION.**

*“Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.”* Ephesians 4:26-27

I'd love to hear your stories & feedbacks: phoebegdial@yahoo.com



