

**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)**

*"But we Christians have no veil over our faces; we can be mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like him."* **2 Corinthians 3:18 (LB)**

IT IS TIME TO MAKE A \_\_\_\_\_



**MY NEXT STEP TODAY IS:**

- ✓ I will memorize **Proverbs 23:23 (NCV)**
- ✓ I will join the New Life church family
- ✓ I will accept Christ for the first time today
- ✓ I will sign up for the next baptism

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code



# Resetting My Life

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

**Why do I hold on to self-defeating habits?**

1. I'VE HAD THEM SO \_\_\_\_\_
2. I \_\_\_\_\_ WITH THEM
3. MY PATTERNS HAVE A \_\_\_\_\_
4. \_\_\_\_\_ DISCOURAGES ME

*"Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil."*

**Ephesians 4:21-27 (NLT)**

**MAKING THE HARD CHANGES IN ME**

## 4 REQUIREMENTS FOR LASTING, PERSONAL CHANGE

### 1. CHANGE REQUIRES LEARNING AND FACING THE

#### MEMORY VERSE:

*Learn the truth and never reject it. Get wisdom, self control, and understanding.*

**Proverbs 23:23 (NCV)**

*"They tell the prophets to keep quiet. They say, Don't talk to us about what's right. Tell us what we want to hear. Let us keep our illusions."* **Isaiah 30:10 (GNB)**

*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 \_\_\_\_\_ I'M BELIEVING**

*"The whole Bible was given to us by inspiration from 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 helps us do what is right. It is God's way of making us well prepared at every point, fully equipped to do good to everyone."*  
**2 Timothy 3:16-17 (LB)**

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

*"Instead, let the Spirit renew your thoughts and attitudes."*

**Ephesians 4:23(NLT)**

MINDSET → CHOICES → BEHAVIOR → LIFESTYLE

**MY CHARACTER "DEFECTS" ARE OFTEN...**

- \_\_\_\_\_ **BEING MISUSED**
- **ATTEMPTS TO MEET MY** \_\_\_\_\_

### 3. LASTING CHANGE REQUIRES COMMUNITY AND

*"You will 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 (GNB)**

*"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

- Moses Coached Joshua
- David Coached Solomon
- Samuel coached David
- Jesus Coached The 12 Disciples
- Paul Coached Timothy