

THE POWER TO CHANGE—1 WHEN YOU'RE SICK OF BEING STUCK

The vast majority of us quit our resolutions by the second Friday of January.

I don't really understand myself, for I want to do what is right, but I don't do it. ... ¹⁹I don't want to do what is wrong, but I do it anyway. ... ²⁴Oh, what a miserable person I am! ...

Romans 7:15, 19, 24 NLT

- **Real change isn't behavior modification.**
- **Real change is spiritual transformation.**

... Who will free me from this life that is dominated by sin and death? ²⁵Thank God! The answer is in Jesus Christ our Lord. ...

Romans 7:24-25 NLT

The Way to Real Change

- **Not “God, then me.”**
- **Not “God, not me.”**
- **But “God through me.”**

For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. ¹⁰But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me. 1 Corinthians 15:9-10 NIV

The grace that saves you is also the grace that changes you.

- **Your spiritual “why” is God’s purpose for you.**
- **Your spiritual “how” is God’s power through you.**

“... ‘Not by might nor by power, but by my Spirit,’ says the LORD Almighty.” Zechariah 4:6 NIV

I am disciplined. Christ in me is stronger than the wrong desires in me.

If you change your behavior but don’t change your heart, the behavior will come back.

You’re trying to meet a need or relieve a hurt with something besides God’s grace.

... [God] said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. 2 Corinthians 12:9 NLT

TALK IT OVER

Read **Zechariah 4:6**. What are some specific areas in your life where you’re needing God’s power?

Share about a time when you made a lasting change in your life.
What role did God have in that decision?

Are you trying to meet a need or relieve a hurt without God's grace? What would it look like to take a step toward His grace this week?

Start The Power to Change Bible Plan using Plans With Friends: www.go2.lc/powertochange