

The Power to Change—2 Stop the Negative Self-Talk

Why do you do what you do?

- **You feel obligated to do what you do.**
- **You want to do what you do.**
- **You want to be accepted.**

You do what you do because of what you think of you.

For as he thinks in his heart, so is he. ... Proverbs 23:7 NKJV

- **What type of person am I?**
- **What kind of situation is this?**
- **What does someone like me do in a situation like this?**

If you want to change what you do, change what you think of you.

“... [The devil] has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.⁴⁵ So when I tell the truth, you just naturally don't believe me!” John 8:44-45 NLT

Your distorted identity starts to sabotage your success.

- **Your distorted identity creates destructive habits.**
- **Your destructive habits reinforce your distorted identity.**

- **A Christ-centered identity leads to Christ-honoring habits.**
- **Christ-honoring habits reinforce a Christ-centered identity.**

Each day Jesus was teaching at the temple, and each evening he went out to spend the night on the hill called the Mount of Olives ...

Luke 21:37 NIV

And [Jesus] came out and went, as was His habit, to the Mount of Olives ... Luke 22:39 NASB2020

- **Instead of focusing on what you want to do, decide who you want to become.**

“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.” —James Clear

Since you have heard about Jesus and have learned the truth that comes from him, ²²throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³Instead, let the Spirit renew your thoughts and attitudes. ²⁴Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:21-24 NLT

TALK IT OVER

Read **Proverbs 23:7**. How have you seen your thoughts or feelings influence your choices or actions?

Who does God say you are? How does your life reflect this truth, and how might living in this truth change your life?

Who do you want to become? Who does God want you to become? Do you notice any differences there? Share what you're thinking and feeling with your group.

Consider who you want to be. Start one habit this week to move toward who you want to become.

Find more resources for The Power to Change: www.go2.lc/TPTCresources

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