



WHY IS IT SO HARD TO CHANGE?

At War – Part 4
Pastor Craig Coulter

WHY DO I HOLD ON TO SELF-DEFEATING HABITS?

1. BECAUSE – I've had them for so long.
2. BECAUSE – I identify with them.
3. BECAUSE – my defects have a payoff.
4. BECAUSE – Satan discourages me.

²¹Since you have heard all about Jesus and have learned the truth that is in Him, ²²throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. ²³Instead, there must be a spiritual renewal of your thoughts and attitudes. ²⁴You must put on your new nature because you are a new person, created in God's likeness—righteous, holy, and true. ²⁵So put away all falsehood and tell your neighbor the truth because we belong to each other. ²⁶Don't let the sun go down while you are still angry, ²⁷for anger gives a mighty foothold to the devil. (Ephesians 4:21-27 NLT)

SIX REQUIREMENTS FOR LASTING 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)

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)

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

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 LB)

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)