

The Power to Change When You're Sick of Being Stuck

TALK IT OVER

Key Scriptures

I don't really understand myself, for I want to do what is right, but I don't do it. ... I don't want to do what is wrong, but I do it anyway. ... Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. ...
Romans 7:15, 19, 24-25 NLT

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. But 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

"... 'Not by might nor by power, but by my Spirit,' says the LORD Almighty."
Zechariah 4:6 NIV

... [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

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Start talking. Find a conversation starter for your group.

- What are some good habits that you already have in your life?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Read **Zechariah 4:6**. What are some specific areas in your life where you're needing God's power?
- Have you recently started something with great intentions, only to fall short or give up? How could a "God through me" approach help you find the change you're looking for?

Start sharing. Choose a question to create openness.

- 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 praying. Be bold and pray with power.

Father, thank You for working through us. Sometimes, we try to make changes in our own strength, and it rarely works. Please help us embrace the true, real transformation that comes through knowing You. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- [Identify one area of your life that you're trying to manage without God. Spend time inviting Him into that area this week.](#)
- [Find more resources for *The Power to Change*: \[www.go2.lc/TPTCresources\]\(http://www.go2.lc/TPTCresources\)](#)
- Start *The Power to Change* Bible Plan using Plans With Friends: www.go2.lc/powertochange
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.