

RHYTHMS



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HOW PEOPLE CHANGE

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_____ become _____, _____ become _____, _____ become _____,
and _____ become your _____.

What you think, _____.

“² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.”

~ ROMANS 12:2 (NLT)

If you want to change: Fix your thoughts on _____.

“⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

~ PHILIPPIANS 4:8 (NLT)

_____ become _____.

If you want to change: _____.

“⁴ Wise words are like deep waters;
wisdom flows from the wise like a bubbling brook.
⁶ Fools' words get them into constant quarrels;
they are asking for a beating.
⁷ The mouths of fools are their ruin;
they trap themselves with their lips.”

~ PROVERBS 18:4, 6-7 (NLT)

“¹⁴ May the words of my mouth
and the meditation of my heart
be pleasing to you,
O Lord, my rock and my redeemer.”

~ PSALM 19:14 (NLT)

_____ become _____ . (Spiritual _____)

“¹¹ No discipline is enjoyable while it is happening - it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.”

~ HEBREW 12:11 (NLT)

We are what we _____.

“¹³ If you love sleep, you will end in poverty.
Keep your eyes open, and there will be plenty to eat!”

~ PROVERBS 20:13 (NLT)

“¹⁹ A hard worker has plenty of food,
but a person who chases fantasies ends up in poverty.”

~ PROVERBS 28:19 (NLT)

“²⁰ The wise have wealth and luxury,
but fools spend whatever they get.”

~ PROVERBS 21:20 (NLT)

Discipline is choosing between what you _____, and what you _____.

“ **28** A person without self-control is like a city with broken-down walls.”
~ PROVERBS 25:28 (NLT)

Why am I _____ ?

“ **15** I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. **16** But if I know that what I am doing is wrong, this shows that I agree that the law is good. **17** So I am not the one doing wrong; it is sin living in me that does it.

18 And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. **19** I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. **20** But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.”

~ ROMANS 7:15-20 (NLT)

“ **24** Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? **25** Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.”

~ ROMANS 7:24-25 (NLT)

If you want to change: _____ to _____.

“ **24** Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! **25** All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. **26** So I run with purpose in every step. I am not just shadowboxing. **27** I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”

~ 1 CORINTHIANS 9:24-27 (NLT)

“ **1** Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

~ HEBREWS 12:1 (NLT)

SO WHAT?

Habits become your _____.

“ **7** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” ~ 2 TIMOTHY 1:7 (NLT)

If you want to change: _____.

DISCUSSION Questions:

COMMUNITY GROUP VIDEOS available on the APP |    

1- If you could be an Olympic athlete, in what sport or event would you want to participate? What kind of training would that require?

2- What negative thoughts plague you? Why? How can you fix your thoughts on spiritual things consistently?

3- How have you been affected by life-giving and life-taking words spoken to you? Share a time when a few life-giving words changed a situation for the good.

4- What is an area of your life, where you have been at one time very disciplined? What is an area of your life where you have always struggled to be disciplined?

5- Re-read Romans 7:15-25. In what area of your life do you feel the same as the apostle Paul? How can you find support from Jesus (vs 25) in this area of your life?

6- Re-read 1 Corinthians 9:24-27. How can your disciplines today be preparing you for an eternal prize?

7- What habit or discipline can you start now to change your character?

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