



THE POWER TO CHANGE

Part 1: When You're Sick of Being Stuck!

The second Friday in January is called “Quitters Day” because it’s the day that most people give up on their New Year’s resolutions.

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. 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. Oh, what a miserable person I am! - Romans 7:15, 19, 24a NLT

Real change isn't behavior modification; it's spiritual transformation.

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.” - Romans 7:24b-25 NLT

The Way to Real Change...

- Not “God, then me”
- Or, “God, not me”
- But, “God through me!”

For I am the least of all the apostles. In fact, I'm not even worthy to be called an apostle after the way I persecuted God's church. 10 But whatever I am now, it is all because God poured out his special favor on me—and not without results. For I have worked harder than any of the other apostles; yet it was not I but God who was working through me by his grace. - 1 Corinthians 15:9-10 NLT

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

What do we do?

1. Know your spiritual why! (God's purpose for you!)
2. Know your spiritual how! (God's power through you!)

“It is not by force nor by strength, but by my Spirit, says the Lord of Heaven's Armies.” - Zechariah 4:6 NLT

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.

"My grace is all you need. My power works best in weakness." - 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?


Suggested Reading Plan: [The Power to Change](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery is available for children up to age 4, and KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 Tuesdays 5:30-6:30 PM. See Sharee Haromontelongo for more info.
- **Finish Line Youth** for ages 12-12th grade Fridays 7- 8:30 PM. See Pastor James for more info.
- **Youth Group Bake Sale** February 19, and March 12 & 26. All proceeds will go to our youth group to help offset the cost of Youth Convention and other activities!
- **Youth Convention** April 6-8 in Syracuse NY! See Pastor James for more information!
- **Family Movie Night** March 24 @ 6:30 PM. See Sharee for more info!
- **Donate to Housing for Ukrainian Refugees** at <https://heartsanddoors.com/>

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And, download our new mobile app!



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