



THE POWER TO CHANGE

Part 2: Stop the Negative Self-Talk!

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

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

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

3 Questions we subconsciously ask in every situation:

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

[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. So when I tell the truth, you just naturally don't believe me!

- John 8:44-45 NLT

Your distorted identity sabotages our success.

- Your distorted identity leads to destructive habits.
- Your destructive habits reinforce your distorted identity.
- A Christ-centered identity leads to God-honoring habits.
- God-honoring habits reinforce our Christ-centered identity.

Every day Jesus went to the Temple to teach, and each evening he returned to spend the night on the Mount of Olives. - Luke 21:37 NLT

Jesus...went as usual to the Mount of Olives...and knelt down and prayed. - Luke 22:39-41 NLT

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

- Ephesians 4:21-24 NLT

“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

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

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

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** 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/>

Check out our newly redesigned website @ [newlife-saugerties.org!](http://newlife-saugerties.org/)

And, download our new mobile app!



New Life Assembly of God

Available in App Stores



Roku

