

## **NOTES: Wonderfully Complicated | Changing Behavior**

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### **Romans 12.1-2 NIV**

Behavior change on the outside only comes from heart change on the inside. This is called Transformation. This happens through spiritual formation. Which is sanctification.

*“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.” (2 Corinthians 3:18, NIV)*

*“For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.” (Romans 8:29, NIV)*

### **Identifying areas we need to change is easy but tough.**

- We all have blind spots.
- We all struggle with self-awareness.
- We all wrestle with pride that blinds us from seeing our need for change.
- We give up on change, because of past failure.
- Our flesh and sin nature, justifies ourselves so we dismiss the hard work of discipleship

**Question: What would the people closest to me say my blind spots are?**

### **How do we identify behaviors that need to be changed?**

1. The voice of the Holy Spirit. (inward, through circumstances, through reaping, through others)
2. The Word of God, the Bible, teaches Christ-like behavior. Teachers/preachers teaching.
3. Being Honest in our own hearts. (no more excuses, blaming and comparing)
4. People around us send verbal and nonverbal communication that we need change
5. There is a string of broken relationships, cutoffs, and unresolved conflicts. It’s a pattern.
6. You are angry, unsettled, frustrated, and feel no peace or contentment in life.
7. Your life revolves around addictions.
8. Your life is not going well. Health, time, finances, relationships, school.
9. You are mostly in a state of unhappiness, contentment is elusive, you have no peace.

**Question: What Behaviors in my life are sin, not pleasing to God, not helping my family, that need transformation?**

## **This brings complications**

- Internal struggle of admitting and confessing wrong.
- Dealing with deeper feelings than we are used to is very complicated.
- Struggling with attributes we avoid like humility, confession, gentleness.
- Losing people in your life. Some relationships revolve around certain behaviors.
- We have to navigate past wrongs and possibly make them right.
- Changes in our hearts and our lives result in changes in those around us.

**Sanctification**- Becoming Holy/becoming like Jesus/being set apart. This is a process, but now/not yet.

### **1 Thessalonians 5:23**

Now may the God of peace himself **sanctify** you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

**Being made holy is wonderful, the process can be painful. This is the hard work of discipleship.**

## **Steps to Transformation**

- 1. Salvation – Become a Christian**
- 2. Deeply desire change from the inside out.**

“Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.”  
Joel 2:13, NIV

- 3. Pray Holy Spirit Help! Show me, convict me.**  
**God’s kindness leads us to change (repentance) Romans 2.4**
- 4. Slow down and be with Jesus.**
- 5. Read, study, spend time in the Word of God**
- 6. Get in Community**
- 7. Draw some hard lines this morning.**

**Next Week: Galatians 5 Read it to prepare for it.**

**QUESTION: Because of this message, God is helping me realize.....**

**Question: This is what I sense God is asking of me?**

**(Write in your journal or down below)**