

**Stop the Negative Self-Talk**  
**The Power to Change**  
**July 16, 2023**  
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**New Song Community Church**

**A. Why do you do what you do?**

1. In the morning
  - a. Alarm goes off
2. When you go to a restaurant, what do you order?
  - a. Good tasting.
  - b. Healthy choice.
  - c. Better tasting option.
3. With your finances.
  - a. Put God first?
  - b. Spend almost all that you make or more.

**B. Why do you almost always do the same things?**

1. Secondary Reasons:
  - a. Because you feel obligated.
  - b. Actually want to do it.
  - c. You want to be liked, you want to be accepted.
2. Primary Reason.
  - a. The biggest driving force of our behavior is our identity.

**Proverb 23:7** *"For as he thinks in his heart, so he is."*

**C. What God's Word says about how identity affects behavior.**

1. What type of person am I?
2. What kind of situation is this?
3. What does someone like me do in a situation like this?

**D. If you want to change what you do, change what you think of you.**

1. Stop believing what others say about you.
2. Refuse to believe the lies of the devil about who you are.

**In John 8:44-45** *For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He 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. 45. "So when I tell you the truth, you just naturally don't believe me."*

3. Stop believing your own negative thoughts about yourself.
4. Start believing who God says you are.
  - i. A Christ-centered identity leads to Christ-honoring habits.
  - ii. And Christ-honoring habits reinforce a Christ-centered identity. Every action you take is a vote for the type of person you wish to become.
5. Let God transform your thinking. You start with, *who – before - do*

**Romans 12:2** *Do not be conformed to the patterns of this world, but be transformed by the renewing of your mind.*

**Next Steps: Today I am:**

1. Committing my life to Christ.
2. Choosing to believe who God says I am.
3. With God's help I want to become \_\_\_\_\_
4. With God's help I'm committing to living "All In".