

## NEW YEAR, NEW YOU

1-1-23

### WHY IS IT SO HARD TO CHANGE?

1. Because I've had the bad habits for a long time.
2. Because I identify with the bad habits.
3. Because my bad habits have a payoff.
4. Because Satan discourages me.

*Ephesians 4:20-27* - You, however, did not come to know Christ that way. <sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness. <sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

### TO A NEW YOU...

1. \_\_\_\_\_ **THE TRUTH ABOUT YOU AND JESUS.**

*Ephesians 4:21* - Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

Behind every self-defeating behavior in my life is a lie that I **believe**.

*John 14:6* - Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

*2 Timothy 3:16-17* - All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup> so that the man of God may be thoroughly equipped for every good work.

## 2. MAKE \_\_\_\_\_ CHOICES IN YOUR LIFE.

*Ephesians 4:22* - You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

*Philippians 2:12-13* - Therefore, my dear friends, as you have always obeyed – not only in my presence, but now much more in my absence – continue to **work out your salvation** with fear and trembling, <sup>13</sup> for it is **God who works in you** to **will** and to **act** according to his good purpose.

God gives you **His POWER**. He is putting **POWER** into your life to change the things you could never change.

## 3. HAVE A \_\_\_\_\_ OF THINKING ABOUT YOUR LIFE.

*Ephesians 4:23* - to be made new in the attitude of your minds;

You aren't what you think you are. But what you think, you are.

**Think**      **Feel**      **Act**

*Philippians 2:5* - "Let the same mind and attitude be in you which was in Christ Jesus. (Amp)

*Romans 12:1-2* - Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. <sup>2</sup> Do not conform any longer to the pattern of this world, but be **transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

**Renewal continues through the believer's life as they are obedient to the Word and will of God. This truth is so powerful. We think that if we want to change, we have to rededicate our life and try harder. But we all have been frustrated by a lack of transformation. That is why we need a new process. The renewing of our mind is the means by which transformation takes place in our lives. So our responsibility is to work with God in the renewal of our minds.**

**How to renew your mind:**

**Our resources are God's Word and prayer. It is through these that we gain the mind of Christ.**