

How do I Change?

7/23/17

Mark Medley



*Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. Such were some of you; but you were **washed**, but you were **sanctified**, but you were **justified** in the name of the Lord Jesus Christ and in the Spirit of our God. 1Cor. 6:9-11*

Lie #1: I can _____ — Of course there are areas of self-control and there are good decisions you can make but real change comes from the inside out - not the outside in. We need the power of the cross for permanent change to happen.

Lie #2: I can be better by keeping the _____ — The truth is, the more you try to be good in your own power, the worse you find yourself to be Romans 7. That is the function of the law: a schoolmaster to bring us see out need for Christ

The truth: As a follower of Jesus, I change through a progressive work of the Holy Spirit called _____.

1. Regeneration is spiritual _____ — God makes me holy in Christ and makes me want to live a holy life
2. Sanctification is _____ in holiness

For it is God who works in you, both to will and do His good pleasure (Phil 2:13)

Equipped 2 Engage: The Roman Road to Sanctification

1. Romans 1-5 — First, be born again
2. Romans 5 — Grace Conquers sin
3. Romans 6 — Sin's power is broken
4. Romans 7 — We are not hopeless; Jesus is our deliverer!
5. Romans 8 — The Spirit makes us free

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The Holy Spirit causes us to be free from the power of sin, through the work of Jesus on the cross. He allows us to set our minds on spiritual things and freely live as we were meant to live: holy, with pure motives and acts and in right relationship with God and others.

How do we get free and stay free?

- 1) **Genuine** _____ - Change your mind and actions (Acts 3:19)
- 2) **Renounce the sinful way** - That is not who I am anymore (2 Corinthians 5:17)
- 3) **Build a tower of _____ to run to** - Scriptures that apply to your issue (Psalm 119:11)
- 4) **Take my thoughts captive** - I can decide what I think (2 Corinthians 10:5)
- 5) **Know your areas of _____** - Build defenses in that area (Romans 6:13)
- 6) **Turn every temptation into praise and prayer** - Praise for deliverance and prayer for the people involved (Philippians 4:6)

Review and Conclusion:

- * Change happens by of the power of the finished work of Jesus Christ on the Cross (Hebrews 13:12)
- * Change happens through the active work of the Holy Spirit in our lives (2 Thessalonians 2:13)
- * Change happens in conjunction with our decisions, spawned by the desire put in our hearts by God (Romans 6:12,14)
- * Change happens by exposure to the Word of God (John 17:17)

Discussion questions: For House Churches, Triads, and Family Devotions

1. Name some lies, temptations or oppressions that followers of Jesus sometimes face?
2. Can you name some reasons why Christians sometimes stay bound to areas of oppression from the enemy?
3. Can you share some wisdom that has helped you walk free as a Christian?
4. Think about the steps to remaining free listed above: which has helped you the most?

~Fill in the blank answers: Change myself, law, sanctification, birth, growth, repentance, truth, weakness