

Answer Key:

Why is it so hard to change?

4 B's

- long
- identify
- defects
- discourage

“6 C” to Change...

1. learning
2. choices
3. thinking
4. Holy Spirit
5. community
6. temptation

Putting on Jesus

“Change Up”

Part 4

Ephesians 6:13 NLT

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

Introductory Statement

Our character defects come from three sources, biological, sociological, and theological. The biological source is our genetics. Each of us has inherited some physical and emotional defects. These genetic defects may explain our inclinations, but they do not excuse our sin. Our background is the sociological source. The way we were raised modeled behaviors. We learned how to respond to hurts and our defects are often attempts to meet our unmet needs. The final source is the choices we make. What we choose to do repeatedly becomes a habit. These habits can be good or bad. Our defects are often our strengths being misused.

Why is it so hard to change?

4 B's

- Because I have had them so _____!
- Because I _____ with them.
- Because my _____ have a payoff.
 - Because Satan _____ me.

Ephesians 4:21-27 NLT

"Since you have heard all about Jesus and have learned the truth that is in him, throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes. You must put on your new nature because you are a new person, created in God's likeness—righteous, holy, and true. So put away all falsehood and tell your neighbor the truth because we belong to each other. Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil."

6 C's to Change...

1. Change requires _____ the truth.

Ephesians 4:21 NLT

"Since you have heard all about Jesus and have learned the truth that is in him..."

2 Timothy 3:16-17 NLT

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do."

Nothing changes until you start at the bedrock of truth.

6 C's to Change...

2. Change requires making _____.

Ephesians 4:22 NLT

"...throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception."

Philippians 2:12-13 NIV

"...Continue to WORK OUT your salvation with fear and trembling, for it is God who WORKS IN you to will and to act according to his good purpose."

A lot of people think about changing. They plan on changing. They want to change. Someday I will change; when I get around to it I will change. But they don't ever actually choose to change.

6 C's to Change...

3. Change requires new _____!

Ephesians 4:23 NLT

"Instead, there must be a spiritual renewal of your thoughts and attitudes."

Philippians 2:5 AMP

"Let the same mind and attitude be in you which was in Christ Jesus."

The way you think determines the way you feel; and the way you feel determines the way you act!

6 C's to Change...

4. Change requires the _____!

Ephesians 4:24 NLT

"You must put on your new nature because you are a new person, created in God's likeness—righteous, holy, and true."

1 Corinthians 3:18 Living Bible

"As the Spirit of the Lord works within us, we become more and more like Him."

These are the qualities that God puts in your life when the Holy Spirit lives through you. The Bible says there are nine of those qualities. They are love and joy and peace and gentleness and patience and kindness and goodness and meekness and self-control and faithfulness.

6 C's to Change...

5. Changes requires honest _____!

Ephesians 4:25 NIV

"So put away all falsehood and tell your neighbor the truth because we belong to each other."

Galatians 6:2 NCV

"By helping each other with your troubles, you truly obey the law of Christ."

You are going to need other people in your life.

You are going to need support.

6 C's to Change...

6. Change requires overcoming _____!

Ephesians 4:26-27 NLT

*"Don't let the sun go down while you are still angry, for anger gives
a mighty foothold to the Devil."*

James 1:14 NLT

*Temptation comes from our own desires, which entice us and drag
us away.*

A negative emotion will give Satan a stronghold in my life.