



**WHY IT'S SO HARD TO CHANGE MYSELF**

- Because I've \_\_\_\_\_
- Because I \_\_\_\_\_
- Because my \_\_\_\_\_
- Because \_\_\_\_\_

**PRINCIPLES FOR PERSONAL CHANGE**

**1 Change requires \_\_\_\_\_**  
*Ephesians 4::21*

- I have to \_\_\_\_\_ the truth if I'm going to change.

**2 Change requires \_\_\_\_\_**  
*Ephesians 4::22*

- I'm not going to change until I \_\_\_\_\_ to change.

**3 Change requires \_\_\_\_\_**  
*Ephesians 4::23*

- Changing my \_\_\_\_\_, changes the way I \_\_\_\_\_, which changes the way I \_\_\_\_\_.

**4 Change requires \_\_\_\_\_**  
*Ephesians 4::24*

- \_\_\_\_\_ is a step by step process.

**5 Change requires \_\_\_\_\_**  
*Ephesians 4::25*

- \_\_\_\_\_ my feelings is the beginning of healing.

**6 Change requires \_\_\_\_\_**  
*Ephesians 4::26-27*

- Any \_\_\_\_\_ in my life can be a stronghold for Satan.

**THE BOTTOM LINE**

**Lasting change is hard, but possible through the \_\_\_\_\_ in my lives.**

## TODAY'S SCRIPTURES

### EPHESIANS 4:21-7 (NLT)

Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.

<sup>25</sup> So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. <sup>26</sup> And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, <sup>27</sup> for anger gives a foothold to the devil.

### GALATIANS 6:2

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

### 2 CORINTHIANS 3:18 (TLB)

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

### EPHESIANS 2:8-9

For by grace we are saved through faith; and even that is not of ourselves. It is the gift of God, not of works, so nobody can brag about it.

### PHILIPPIANS 2:5 (AMP)

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

### PHILIPPIANS 2:12-13

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.

### 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 corrects us when we are wrong and teaches us to do what is right. <sup>17</sup> God uses it to prepare and equip his people to do every good work.