

According to the Philippians verses what are the results of giving your life and concerns to God?

The passage in 1 Corinthians warns to be careful of trusting in ourselves and our own strength to change. How can you apply this warning to your life?

*Thank God today that He loves you enough to warn you and at the same time to give you an opportunity to let Him help you face each situation. Thank Him for the peace He provides.*

## Friday

Read Romans 12:1-2. These verses are a good summary of what we've been studying this week. Rephrase these verses in your own words.

How are you most tempted to conform your thinking to the pattern of the world?

How can you transform your mind this week?

What application can you make to your life from these verses?

*Ask God today to help you to rely on His power to transform your mind. Thank Him that He is with you always and that He is for you.*

## Saturday Review

*First, please pray for our services this weekend. Second, please review the memory verse for this week and finish up any devotions you missed. Thank God today for His love and concern for every detail of your life.*



# CHANGE

## Start Change

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### What needs changing?

- Fear/anxiety
- Relationships
- Guilt
- Lying
- Hurtful behavior
- Manipulative habits
- Work habits
- Self Image
- Insecurity
- Alcohol/Drug dependency
- Spending
- Eating habits/disorders
- Anger
- Sexual addiction
- Other:

### How can my life be changed?

#### A \_\_\_\_\_ that I am powerless over my destructive pattern.

"I do not understand what I do. For what I want to do I do not do, but what I hate I do. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do — this I keep on doing." *Romans 7:15, 18-19 (NIV)*

#### B \_\_\_\_\_ that God exists and can change me.

"Jesus said to her, 'I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?'" *John 11:25-26*

"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace." *Ephesians 1:7*

"...I have come that they may have life, and that they may have it more abundantly." *John 10:10b (NKJV)*

#### C \_\_\_\_\_ my life to Him.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." *Matthew 11:28-30*

"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground." *Psalms 143:10*

## So now what?

- **Take \_\_\_\_\_ by avoiding obvious pitfalls.**

“So, if you think you are standing firm, be careful that you don’t fall!” *1 Corinthians 10:12*

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” *Matthew 26:41*

- **Take your \_\_\_\_\_ to God in prayer.**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” *Philippians 4:6-7*

- **Take time to \_\_\_\_\_ your mind on a regular basis.**

“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. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” *Romans 12:1-2a*

- **Take the power of \_\_\_\_\_ seriously.**

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” *Ecclesiastes 4:12*

### Prayer:

Dear God, I need your help. I admit that I am powerless over my sinful nature and that I have wronged You and others. I believe that Jesus died for all of my wrongs, and that I can be forgiven through His sacrifice. Help me to overcome my doubts and enjoy Your love. I commit my will and my life to Your care. Thank you for giving me a fresh start! In Jesus’ name, Amen.

## Daily Meditations

*Based on this week’s message*

### Monday

Look back over your notes from this weekend’s message. What habit did you circle that needs changing?

What is one application you can make from the sermon to help you?

Read Romans 7:15, 18-19. How does admitting that you’re powerless help you change?

Why is it difficult for you to admit you’re powerless to change by yourself?

How can you relate to these verses?

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*Thank God that He is powerful. Thank Him that we can admit our powerlessness to Him and rest in His ability to work and bring change.*

### Tuesday

Read Ephesians 1:7, John 10:10 & 11:25-26. What do these verses tell you about your life in Christ?

What does it mean to you that Jesus has the power to redeem and restore you?

How does that encourage you?

How can believing that God is all powerful help you face the things you want to change in your own life?

What application can you make to your own life?

*Thank God today that He redeems you and restores you. Thank Him for His unconditional love and help.*

### Wednesday

Read Matthew 11:28-30 & Colossians 2:6-7. How do these verses relate to committing your will and life to God?

What does it mean to you to commit your will to God?

What causes you to hesitate when you consider a full commitment of your life to Christ?

What are some truths you know about God and from these verses that enable you to commit your life and will to Him?

*Thank God today that He is completely trustworthy and that you can commit your life to Him, a loving caring God. Commit your life to God today asking Him to give you the strength and wisdom you need to face each situation.*

### Thursday

Read 1 Corinthians 10:12 & Philippians 4:6–7. What are the two main points of these verses?

How can you apply them to your life and the temptations you face?



Memory Verse

“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. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

*Romans 12:1-2a (NIV)*

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