

Please pray that the new series on replacing our fears with faith will have a powerful impact.  
Pray about who you might invite.

(REAL) CHANGE

Maintaining Momentum

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How do I maintain momentum after starting the change process?

“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 12:1,2 NIV*

“...let God transform you into a new person by changing the way you think.” *Romans 12:2b NLT*

4 Keys to Maintaining Momentum

1. Focus on \_\_\_\_\_ power not \_\_\_\_\_ power

“Are you so foolish? After beginning with the **Spirit**, are you now trying to attain your goal by **human effort?**” *Galatians 3:3 NIV*

“For I can do everything through **Christ**, who gives me strength.” *Philippians 4:13 NLT*

2. Focus on \_\_\_\_\_ things not \_\_\_\_\_ things

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**” *Philippians 4:8 NIV*

3. Focus on \_\_\_\_\_ good not \_\_\_\_\_ good

“The heart is deceitful above all things and beyond cure. Who can understand it?” *Jeremiah 17:9 NIV*

“Do not merely listen to the word, and so deceive yourselves. **Do what it says.**” *James 1:22 NIV*

4. Focus on \_\_\_\_\_ not \_\_\_\_\_

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” *Matt. 6:34 NLT*

“...being confident of this, that **he who began a good work in you will carry it on to completion** until the day of Christ Jesus.” *Philippians 1:6 NIV*

# Daily Meditations

## Monday

Read Colossians 3:1,2; Hebrews 3:1,2; 2 Corinthians 4:18; and Philippians 4:8.

What's the common theme in all these verses?

What should you focus on, according to these verses?

What sorts of things do you tend to focus on besides the things in these verses?

How can you effectively shift your focus?

Which of the Scriptures popped out for you?

*Pray: Lord, help me to focus on you and the good gifts you give me. Help me to think of Jesus and His grace instead of the bad things I am guilty about. May my focus be on the things described in these verses.*

## Tuesday

You may not know what Scriptures to focus on, so here are some suggestions—verses I have used myself. I'd like to suggest (you've heard me say this more than once.) that you write these verses on 3X5 cards and read them daily through the month. You'll see your mind become to change—and then your actions, too.

"There is no fear in love. But perfect love drives out fear..." *1 John 4:18*

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." *Romans 8:28*

"I can do everything through Him who gives me strength." *Philippians 4:13*

"Therefore, there is now no condemnation for those who are in Christ Jesus." *Romans 8:1*

"For you have not been given a spirit of fear, but of power, and of love, and of a sound mind."  
*1 Timothy 1:7*

(Jesus said) "And surely I am with you always, to the very end of the age." *Matthew 28:20*

"Have I not commanded you? Be strong and courageous. Do not be terrified, do not be discouraged, for the LORD your God will be with you wherever you go." *Josua 1:9*

*Thank God for the truth in these verses. Ask Him to help you focus on the good, not the bad.*

## Wednesday

### Why is it so hard to change? Here are some reasons

(check the ones you relate to)

- Because I've lived with my character defects **so long**
- Because my habits have a **payoff**
- Because it is a **spiritual battle**
- Because I become prideful and **revert to willpower**

I can never permanently overcome my sin in my own strength; it's like trying to pull myself up by my own bootstraps.

The root of the problem is that the very willpower I often use to try and overcome selfish and destructive behavior is itself rooted in self-interest and pride. So even my determination to defeat my sin results in more destructive self-absorption, because it's still all about me. To stop this cycle, I need a new purpose to live for, greater than myself. I need to be saved because I cannot save myself.

Remember, specific sin is just a manifestation of my sin nature, so I need to ask Christ to get at the root of the problem by transforming my inner self gradually into His image. This is what is meant in Ephesians 2:1-10.

*Thank God for the process of change in your life. Bring to Him all your sin and ask Him to create in you the image of Christ.*

## Thursday

Read Romans 3:23-28. Sometimes when we think of the sins we have to overcome, we can be overloaded with guilt. What do these verses say about your guilt and God's provision?

*Thank God today for His absolute and total forgiveness. Dwell on that for a while in worship.*

## Friday

This next weekend we begin a series called "Free from Fear". Anxiety is a part of daily life, especially with all the frightening headlines. To help you prepare for the series, read Isaiah 43:1-4.

What have been your anxieties lately? Be specific:

What do you think Jesus would say about these worries?

*Bring these specific worries to God in prayer, and ask Him to help you and others in the new series this weekend.*



"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."  
*Philippians 1:6*