

What is promised in these verses about that enemy? How does this help as you seek a breakthrough?

*Remember, change is a group project. Please ask someone today to pray for you specifically as it relates to the breakthrough you need in your life. And ask them how you can pray for them!*

## Saturday

*Please finish any devotions you may have missed. Pray through the outline from last weekend, asking God to help you focus on Him and His good gifts, and not your own shortcomings. Please pray for the weekend services. Thanks!*



# BREAKTHROUGH

WEEK 1

## Your Life Can Change!

August 28 & 29, 2010 • René Schlaepfer

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.  
*Romans 7:15 (NLT)*

### What stops me from changing? List adapted from Tim Chester, *You Can Change*

- \_\_\_\_\_ **sin**  
Context: "He just made me so mad..."  
Family: "I learned this from my father..."  
Personal history: "If you'd been what I've been through..."  
Biology: "It's just the way I am..."  
The temptations in your life are no different from what others experience... *1 Corinthians 10:13a*
- \_\_\_\_\_ **sin**  
People who conceal their sins will not prosper... *Proverbs 28:13a*
- \_\_\_\_\_ **sin**  
The LORD said to Joshua, "Stand up! What are you doing down on your face?" *Joshua 7:10 (NIV)*

### What's the answer?

Thank God! The answer is in Jesus Christ our Lord. *Romans 7:25a (NLT)*

#### 1. I focus on God's \_\_\_\_\_ to me

So now there is no condemnation for those who belong to Christ Jesus. *Romans 8:1*

Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? *Romans 8:32*

#### 2. I focus on God's \_\_\_\_\_ in me

...the power of the life-giving Spirit has freed you from the power of sin that leads to death.  
*Romans 8:2*

And Christ lives within you... The Spirit of God, who raised Jesus from the dead, lives in you.  
*Romans 8:10a,11*

And the Holy Spirit helps us in our weakness. *Romans 8:26a*

over

### 3. I focus on God's \_\_\_\_\_ for me

And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory.  
*Romans 8:17a*

The big idea: Shift focus from \_\_\_\_\_ to \_\_\_\_\_

#### Coming soon:

## GRACE IMMERSION

- 50 days throughout October and November
- Host homes needed! Sign up online at [www.tlc.org/smallgroupleaders](http://www.tlc.org/smallgroupleaders) or in the lobby today!
- Volunteers for "rush week" needed! Email [val@tlc.org](mailto:val@tlc.org)

## Daily Meditations

*Spend some time each day this week meditating on the topic*

### Monday

Read 1 Corinthians 10:12–13. Think about things in your life that need to change. Do you ever hear yourself using excuses like:

- Well, people provoke me!
- It's the way I am.
- It's not that bad.
- I can stop anytime I want.
- I take after my family.
- People don't understand what it's like for me.
- Anyone would react the way I do.

In what other ways do you try to minimize or excuse your behavior?

Do you think there is anyone else who sometimes feels guilty for your behavior? This could be a sign that you have found ways of shifting the blame from you to them!

*Ask God to help you stop making excuses and admit your need for Him! Then thank Him for His grace!*

### Tuesday

Read Romans 7:15–25. Do you ever experience feelings of despair about behavior you need to change? Can you relate to the Apostle Paul in these verses?

Read Hebrews 4:15–16. What attitude does the writer to the Hebrews say should characterize us when we come to the throne of God? How does this writer describe the throne? What is promised in these verses?

*Ask God to help you come to him with confidence and not to just wallow in misery when you sin. Thank Him again for His throne of grace!*

### Wednesday

Read Romans 8:1–4. What is true of us in Christ, according to these verses? Write down as many truths as you can glean:

Not only are we forgiven by grace; God's grace means we are already changing, even before we know it, or try to change! Think back over your life. How have you changed over the last two years? How can you see God at work in your life in a liberating way?

How does this encourage you?

Grace also means God gives us good gifts every day. Choose today to focus on some of His good gifts to you. What are some of his daily graces you will give thanks for today?

*Thank God that He does not condemn you. Thank Him for the ways He has already changed you! Ask Him for power to continue to grow in Him.*

### Thursday

Read Romans 8:5–7. What are you focused on: Your efforts and shortcomings, or God's power? What is the result of each type of focus?

What kind of input prompts you to dwell on your flesh — either your desires or your failures? For example, certain music, books, friends, or TV shows?

What kind of input prompts you to focus on God and His power and grace?

*Ask God to help you change your focus from yourself to Him!*

### Friday

Read Romans 8:28–39; Ephesians 2:10. What do these verses say about your destiny?

How does reminding yourself of this help in your struggle against sin?

Of the enemies mentioned in verses 38–39, which is the most real to you right now?



And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.  
*Romans 8:2*