



Faulty _____ of biblical change

1. Worldly processes
 - Change environment
 - Change by digging up the past
 - Change by self-discovery
2. Spiritual processes
 - Change by the power of rules (legalism)
 - Change by focusing on what you cannot do (Phil 2:13, Ps 131:1)
 - Change by knowledge alone

Biblical change starts with _____ your sin

1. Behavior – e.g. impatience, unkindness, revenge, sexual impurity
 - Failing to be a doer of God’s word leads to deceiving yourself (James 1:22-24)
 - Failing to be a doer of God’s word shows your lack of love for the Lord (John 14:23-24)
2. Speech – e.g. lying, gossip, slander, speech that tears people down
 - The tongue can do great damage, and it can do much good (Prov 12:18; Eph 4:29, James 3:5-8)
3. Thoughts & Feelings – e.g. fear, anxiety, coveting, jealousy
 - Thoughts & feelings must not be overlooked in dealing with problems. They may be one of the first indications that a problem exists in your life (1 Sam 18:8-9; 1 Kings 19:1-3; Ps 38:3-10; Mark 10:22; Luke 10:41)
 - Your thoughts & feelings often reveal what you depend on for peace and joy (Gen 4:6-7; Ps 119:165; John 14:27; Phil 4:6-7)
4. Desire (heart idols) – e.g. control, respect, honor, ease, comfort, pleasure, security
 - Your responses to problems and trials in your life are used by God to reveal the condition of your heart (Matt 15:18-20; Mark 7:20-23; Luke 6:45)

Biblical change continues with _____ from your sin

1. Definition of repentance

- To make a turnabout toward God. (Jer 3:22-4:2)
 - Acknowledging God's lordship.
 - Admitting your wrongdoing.
 - Addressing the shame.
 - Adhering to new conduct.
- To turn away from worldly desires.
 - Not trying to get what you want.
 - Not by mere outward conformity.
 - Not by worshipping your worldly desires.
- To do it with sincere diligence (2Cor 7:10-11)
 - Earnestness, eagerness, diligence to deal with the issues (v. 11)
 - Vindication, seeking pardon (v. 11)
 - Indignation, anger that God is offended, anger that sin was in their midst (v. 11)
 - Fear of God and His displeasure (v. 11)
 - Longing, yearning to settle the issue, work out any other problems, and see relationships restored (v. 11)
 - Avenging the wrong – concern for justice (v. 11)

2. Evidence of repentance

- Repentance involves the mind, the emotions and the will
 - The mind – you think differently about sin, God, self and others.
 - The emotions – you are remorseful for your sin and its affect on God and others.
 - The will – you deliberately turn away from your sin regardless of feelings or circumstances.

- Repentance is absent of rationalization
 - “Just this once; I can handle this.”
 - “I’ll hide it, I’ll cover it, no one will know.”
 - “If he/she hadn’t done such-and-such, I wouldn’t have had to respond this way.”

Biblical change continues with _____ your sin

We don’t break bad habits ... we replace them.

1. Remember these great truths:
 - Remember your relationship in Christ (Eph 1-3; Rom 6)
 - Remember your power to change (Eph 3:16)
 - Remember your call to change (2 Pet 1:3-11; Phil 2:12-13)
 - Remember your commitment to change (2 Pet 1:5)
2. Put off the old self (Eph 4:22)
 - Put off habits of thinking and acting that are commonplace for the unregenerate and wicked
 - Put off desires and motives that are commonplace for the unregenerate and wicked
 - The desires of the old self promise happiness and satisfaction, but never come through
 - The old self is feelings oriented
 - The old self is dominated by desires
 - The old self is inclined to do what he wants to do
 - The old self is temporally focused
 - The old self is impulse driven
 - The old self walks in darkness
3. Renew your mind (Eph 4:23)

4. Put on the new self (Eph 4:26)

- Put on habits of thinking and acting that are commonplace for the regenerate and righteous – Christ-like thinking and behavior
- Put on desires and motives that are commonplace for the regenerate and righteous – Christ-like motives and wants
- The new self is truth oriented
- The new self is dominated by Christ
- The new self is inclined to do what he knows he ought to do
- The new self is eternally focused
- The new self is Spirit driven
- The new self walks in the light

5. Continue this process to create a habit of obedience

- Habits allow us to do things automatically, unconsciously, skillfully and comfortably
- By nature we are habituated toward sin and this must be replaced
- Renewed thinking will lead to putting off the old self (dehabituation) and putting on the new self (rehabituation).
- Our goal is to have our thinking patterns changed so drastically that we automatically, unconsciously, skillfully and comfortably act like Jesus in each situation