



## CHANGING FOR THE BETTER

**Change-** make or become different.

**Better-** a more excellent or effective type or quality

1. Have you ever had difficulty trying to change a habit?
  - The more we do something, the more it becomes not only habit, but biologically ingrained and the harder it is to change.
  - Human beings are creatures of habit.
  - We must remove old habits and develop new ones.
2. Knowing what changes to make is not enough. Why? We also need to know how to make them.
3. Do you think you are changing?
4. Change can be one of the most difficult things for human beings to do.

5. How many of you are dissatisfied with something in your life? Weight, hair, Job

6. How do we get meaningful change in our lives? We need God to direct us

7. The first step to change is how you walk.

- **(Eph 5:15)** Pay careful attention how you walk, not as unwise but wise, making the most of every opportunity, because the days are evil.
- We can't just aimlessly walk-through life. We must walk with purpose.
- We walk and live with precise and calculated movements.

8. What happens when we count on our own thinking, reasoning, and logic? We are in trouble

- Many people fail to change because they leave God out of the picture.
- If we are serious about change, we must make God the center of our lives.

9. How do you spend your time? Time is very important to change

- We should be focused on Redeeming the time because the days are evil. The time is now to make the big changes in life. We must not put it off. We can't afford to wait.
- We must not waste time on pointless things, but to use our time wisely

10. How many of you know where God wants you to change?

- **(Eph 5:17)** Do not be unwise but understand what the will of the Lord is.
- If we are going to change for the better, we need to understand what he wants for us.
- The will of God is like a roadmap for life.

11. How many of you will take a trip without a map or GPS?

- We shouldn't go through life without direction and guidance.

### **Change Your Purpose in Life.**

**(Romans 12:1-2)** - Christians are transformed (changed) by renewing their minds (Eph. 4:23). To live differently, we must think differently. We must not seek to be like the world but to use our bodies in God's service.

### **Believe You Can Change with God's Help.**

**(Philippians 4:13)** - We can do all things through Christ who strengthens us. This includes changing to please Him. If we trust our own strength, we will fail. Satan can defeat us. If we use Christ's strength we will succeed, because Satan can never defeat Him. We have failed in the past because we have trusted our own power instead of using Christ's.

### **Study the Bible about Your Habit.**

**(Matthew 4:1-11)** - Jesus overcame temptation by quoting Scripture. But this worked only because He knew the Scripture. Memorize verses about your habit so that, when you are tempted, they will come to mind and strengthen you. Quote them to yourself and to those who tempt you.

### **Develop a Plan of Action.**

**(Proverbs 14:22)** - We must devise to do good, not evil. God's example demonstrates the importance of planning.

Many people fail to change to please God because they never planned to succeed. They did not plan to fail, but they failed to plan!

### **Pray Regularly.**

**(Matthew 6:13)** - Ask God to "deliver us from evil". Tell God exactly what your problem is. Pray often and regularly.

God has promised that, if you ask His help, He will hear and answer.

### **Seek Help from Other Christians.**

**(James 5:16)** - Christians should confess their faults to one another so they can pray for one another. We should bear one another's burdens (Gal. 6:2). If our sins have harmed specific individuals, we should apologize to them.

When we are fighting an especially difficult habit, it may help to choose one or two special counselors to talk with regularly. They can give us Bible passages and good advice about how to change. They can encourage us. It may motivate us just to know that others are aware of our problem. And they can surely pray for us.

### **Substitute Good Habits for Bad Ones.**

**(Ephesians 4:22-32)** - Do not just put *off* the old man. Put *on* the new man.

For every bad habit you "put off," find some useful activity to "put on" in its place.

### **Face One Day at a Time.**

**(Matthew 6:33-34)** - Do not worry about tomorrow. Today's temptations will be enough to handle today. Handle tomorrow's temptations tomorrow - if tomorrow comes.

### **Be Patient.**

**(2 Peter 3:18)** - Becoming a mature Christian is a process of growth. You are born again as a baby and gradually grow up in Christ. You may look at mature Christians and think, "Why can't I be like them?" But they probably took years to mature. Do not be impatient with yourself.

### **Conclusion**

Growth requires change; our resistance to change could be a resistance to growth. So, when change occurs, just consider it to be a season of growth. When our human nature protests the change and begs to resist, remember that God has not changed. He is up to something good.

By using the means God provides, you can change to be what He wants. He gives motivation, guidance, and encouragement. All that is left is for you to determine to follow His will and then diligently act on that decision.