

Help Lord! I Need to Change

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Introduction

Five Phrases Summarize the Growth and Change Process for a Christ Follower:

1. God wants _____ to be changing.

- A. The Ephesians had been blessed richly in _____ (Chapters 1-3).
- B. The Ephesians had been blessed with _____ and Timothy as their pastors.
- C. Yet, they were told to be _____ and changing (4:1, 13, 15, 17, 22-24; 5:1), and you must, too!
- D. Other _____ emphasize it, as well (2 Cor. 5:17; Romans 12:1, 2).
- E. Change is _____, but can take place, because God's commands assume God's enablement (Philippians 1:6; 2:13; 4:13). The Holy Spirit is prominent in this work.
- F. Therefore, there is great _____ for those who want to change (1 Cor.6:9-11).

2. God wants you to be changing to be more like His _____.

- A. Note carefully 4:1, 15, 24, 32; 5:1
- B. Consider also Romans 8:28, 29; Colossians 1:28.
- C. The model for life and ministry is the Lord Jesus Christ, not your favorite _____, preacher, missionary, counselor, or school president.
- D. The expectation is that you will be more and more like Christ in your thoughts, _____ and actions.

3. God wants you to be changing to be more like His Son by _____ off the old self (4:22).

- A. Old self / old man = the _____ of thinking and acting your corrupt nature adopted (cf. 2:3)

- B. Lay aside / put off = to strip off, as in the case of old, filthy clothes; it emphasizes _____ responsibility for change.
- C. Corrupt = _____; contaminated; rotten; perverted; evil.
- D. Lust = strong _____ of any kind that motivate behavior.
- E. They are deceitful because they promise what they cannot deliver, for instance, _____ and joy (cf. Hebrews 3:12, 13).

4. God wants you to be changing to be more like His Son by putting off the old self and putting on the _____ self (4:24).

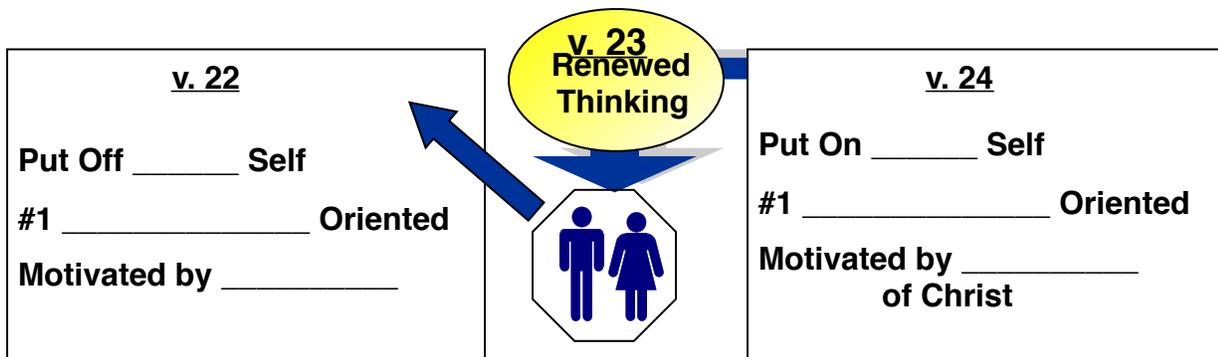
- A. New self / new man = the _____ of thinking, motivations and behavior that emulate Christ.
- B. Put on = as in the case of clean clothes; to adopt new ways of thinking and acting; it emphasizes _____ responsibility for change (cf. Romans 6:16-19; 1 Timothy 4:7).
- C. Righteousness, holiness, and truth describe Jesus Christ and the _____.
- D. The new self will be oriented toward pleasing God by _____ His Word (2 Corinthians 5:9, 10; John 14:15).

5. God wants you to be changing to be more like His Son by putting off the old self and putting on the new self because of a changed _____ (4:23).

- A. "Mind" is synonymous with " _____ ", "soul" or "spirit" in the New Testament and is to be viewed as the center of thought, understanding, belief, motives, and actions.
- B. This _____ person is the real you that God sees and interacts with (1 Samuel 16:7; Hebrews 4:13).
- C. Renewed = to be rejuvenated; made youthful; to be _____.
- D. Spirit of the mind = that which gives the mind both its _____ and its material of thought; it does not refer to some superficial change of opinion on points of doctrine or practice.

- E. A _____ allows you to do things automatically, unconsciously, skillfully and comfortably.
- F. Renewed _____ will lead to putting off the old self (dehabituation) and putting on the new man (rehabituation) as evidence of a changed heart.
- G. One cannot simply _____ a habit; he must replace it (4:25, 28).
- H. The goal is to have heart desires/motives/thinking patterns changed so _____ that you come to automatically, unconsciously, skillfully and comfortably act like Jesus would act if He were in your shoes.

ILLUSTRATING THESE TRUTHS



Conclusion:

1. It is _____ for a Christ follower to thoroughly understand these truths. This topic merits thoughtful reading, contemplation and study.
2. You will gain _____ insights by diligently seeking to apply these principles to your own life struggles.

Helpful Resources:

Pamphlets & booklets:

- Christ and Your Problems* by Jay Adams (P&R)
- What to Do When You're Hooked* by Jay Adam (P&R)
- Godliness through Discipline* by Jay Adams (P&R)
- Help! I Want to Change* by Jim Newheiser (Shepherd Press)

For personal or small group study:

- Christ Formed in You by Brian Hedges (Shepherd Press)
- Lord Change Me by James MacDonald (Moody)
- Lord, Change My Attitude Before It's Too Late by James MacDonald (Moody)