

3. _____ that I cannot do this on my own.

I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep.

Psalm 121:1–4 (NRSV)

4. _____ the negative with the positive.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4:8–9 (NRSV)

5. Let the _____ precede the feeling.

6. Surround yourself with people who _____ you up.

Let no one deceive you with empty words, for because of these things the wrath of God comes on those who are disobedient. Therefore do not be associated with them. For once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true.

Ephesians 5:6–9 (NRSV)

7. Change is not about _____.

But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Matthew 6:33–34 (NRSV)

Sources Consulted: *Life’s Healing Choices* by John Baker and “Pornography Addiction is an Island” by Steve Austin.

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sermon notes

Making Changes

March 17, 2019

Pastor Ryan LaRock

CHRISTCHURCHVA.ORG/SERMONS

Week One/Choice One: THE REALITY CHOICE (I CAN'T)

I realize that I am not God, and I admit that I need help. I am powerless to control my tendency to do the wrong thing, and my life is unmanageable.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3 (NIV)

Week Two/Choice Two: THE HOPE CHOICE (GOD CAN)

I earnestly believe that God exists, I matter to Him, and God has the power to help me change.

Blessed are those who mourn, for they will be comforted.

Matthew 5:4 (NIV)

Week Three/Choice Three: THE COMMITMENT CHOICE (LET GOD)

I consciously choose to commit all my life and will to Christ’s care and control.

Blessed are the meek, for they will inherit the earth.

Matthew 5:5 (NIV)

Week Four/Choice Four: THE HOUSECLEANING CHOICE

I openly examine and confess my faults to myself, to God, and to someone I trust.

Happy are the pure in heart, for they will see God.

Matthew 5:8 (GN)

Today/Choice Five: THE TRANSFORMATION CHOICE

There comes a point when we cannot _____ anymore.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Matthew 5:6 (NRSV)

- Our desire to be transformed by God is not about settling. It's about _____ the perceived control we have.
- _____ is not an excuse that we can't be changed.
- A natural and common response to change is _____.
 - We own the changes that we make.

"This is the last time." "Never again." What gets us stuck?

- We are often _____ to the ways that our struggles are causing harm to ourselves and others.
- Our struggles can become confused with our character traits.
- Our struggles offer _____ to cope in the moment.
- There are lies that convince us that change is _____.

... there is no truth in him. When he lies, he speaks according to his own nature, for he is a liar and the father of lies.

John 8:44b (NRSV)

When we enter the Church of Jesus Christ, we enter trusting that our presence is embraced and not marked by shame.

[God] destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved.

Ephesians 1:5–6 (NRSV)

A question to ask: What am I not doing now?

How do we respond to God's grace responsibly?

As [Jesus] was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions.

Mark 10:17–22 (NRSV)

- Making changes begins to _____ our blindness to our shortcomings.

Choice 5: Voluntarily submit to every change that God wants to make in my life and humbly ask God to remove my character defects.

1. Start with _____ change.

So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

2 Corinthians 4:16–18 (NRSV)

2. _____ the change.