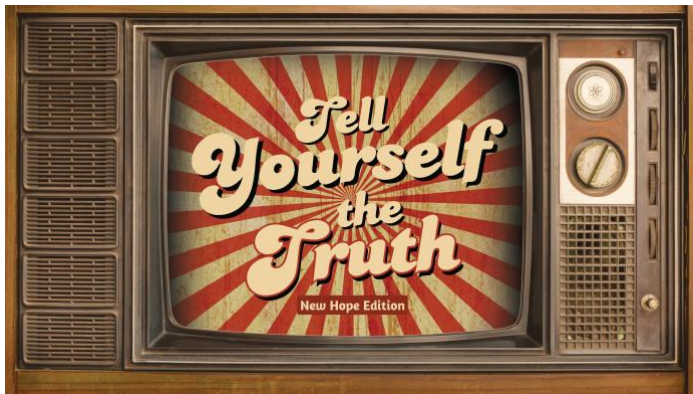


TAKE HOME SHEET



Series: Tell Yourself the Truth
Message: I Am Who I Am,
 and I Can't Change.
Speaker: Yayo Espinosa
Date: February 2, 2025

What is one thing in your life you once believed would never change, but God transformed?

Take a moment to read the passages below. Underline the words and phrases that stand out to you as you read.

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 Corinthians 5:17 (NIV)

He replied, 'What is impossible for people is possible with God.'

Luke 18:27 (NLT)

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Hebrews 4:12 (NLT)

Why do we often fall for the lie that we can't change? What are some personal examples or areas where you've struggled to believe that change is possible?

How does 2 Corinthians 5:17 challenge the idea that we are stuck the way we are?

What does Luke 18:27 teach us about the source of true transformation? How does this encourage you in your current struggles?

Craig Groeschel said, *"If Satan's primary weapon is lies, then our greatest counter weapon is the truth of God's Word."* How have you seen the power of God's Word help you overcome lies in your life?

Why is change about progress and not perfection? How does trusting God instead of relying on our own strength change our perspective?

Four Steps to Change

Step 1: Recognize the Lie – Identify a personal lie you've believed (e.g., *I can't overcome this struggle, I will always be like this*).

Step 2: Replace the Lie with God's Truth – Find a verse that speaks against this lie and write it down. (Example: If you struggle with insecurity, memorize Psalm 139:14: *I praise you because I am fearfully and wonderfully made.*)

Step 3: Take Small, Consistent Steps – What is one small, practical step you can take this week to align with God's truth?

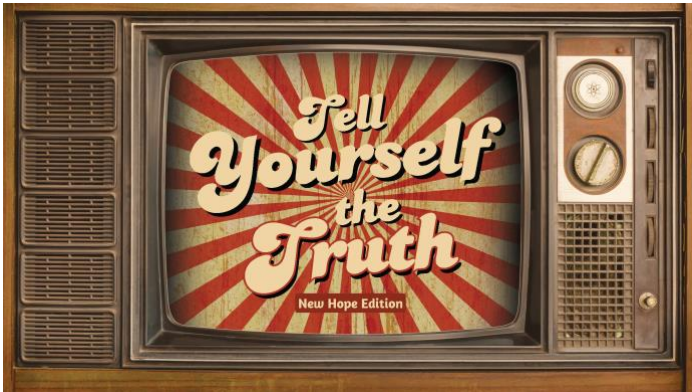
Step 4: Trust God's Power, Not Your Own – When you feel discouraged, pray and remind yourself of Luke 18:27: *What is impossible for people is possible with God.*

BIBLE TRANSLATIONS:

NIV – New International Version

NLT – New Living Translation

MESSAGE NOTES



Series: Tell Yourself the Truth
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God doesn't leave us where we are. He equips us with the power to change when we surrender to Him.

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 Corinthians 5:17 (NLT)

Real, lasting change doesn't come from our own strength or effort. It comes from God.

He replied, "What is impossible for people is possible with God."

Luke 18:27 (NLT)

FOUR STEPS TO CHANGE:

STEP 1. Recognize the Lie

STEP 2. Replace the Lie with God's Truth

If Satan's primary weapon is lies, then our greatest counter weapon is the truth of God's Word.

- Craig Groeschel

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Hebrews 4:12 (NLT)

STEP 3. Take Small, Consistent Steps

STEP 4. Trust God's Power, Not Your Own

Restatement: I am who God says I am, and through Him, I can change.

In Christ, change is not only possible —it's promised.

Change isn't about perfection— it's about progress and trusting God to lead the way.