



WELCOME TO CEC.....	Pastor Phill
SINGING TOGETHER .....	Lion and the Lamb
PRAYER	
SINGING TOGETHER .....	Heart sings hallelujah
UPDATES .....	Pastor Phill
LIGHTING THE ADVENT CANDLE .....	Peace
SINGING TOGETHER .....	Holy forever
	As for me and my house
BIBLE READING .....	Ephesians 4:17-32 (Church Bible page 1227)
MESSAGE .....	Taught by Pastor Phill
SINGING TOGETHER .....	Christ our hope in life and death



How God changes me to be the authentic me.

Ephesians 4:17-32

'And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.'

2 Corinthians 3:18 NIV

REASONS WHY PERSONAL CHANGE IS HARD:

1. I've had them a \_\_\_\_\_ time.
2. I \_\_\_\_\_ with my defects.
3. Every defect has a \_\_\_\_\_.
4. \_\_\_\_\_ fights it.

PRINCIPLES FOR PERSONAL CHANGE:

1. Real change begins with new \_\_\_\_\_.

'There must be a spiritual renewal of your thoughts and attitudes.' Ephesians 4:23 NLT

'Let the Spirit change your way of thinking.' Ephesians 4:23 CEV

'With the Lord's authority let me say this: Live no longer as the ungodly do, for they are hopelessly confused. Their closed minds are full of darkness; they are far away from the life of God because they have shut their minds and hardened their hearts against him. They don't care anymore about right and wrong, and they have given themselves over to immoral ways. Their lives are filled with all kinds of impurity and greed.' Ephesians 4:17-19 NLT

'Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind.' Romans 12:2 TEV

'For what this world considers to be wisdom is nonsense in God's sight. As the scripture says, "God traps the wise in their cleverness"' 1 Corinthians 3:19 TEV

2. Real change requires learning the \_\_\_\_\_.

'Use the truth to make them holy. Your words are truth.' John 17:17 GW

'Then we will no longer be like children, forever changing our minds about what we believe because somebody's told us something different or made a lie sound like the truth. Instead, we will hold to the truth in love, becoming more and more like Christ, who's the head of his body, the church.' Ephesians 4:14-15 NLT

'Since you have heard all about him and have learned the truth that is in Jesus.'  
Ephesians 4:21 NLT

'All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do.'  
2 Timothy 3:16-17 NLT

### 3. Real change requires \_\_\_\_\_.

'Get rid of your old self, which made you live as you used to, the old self that was being destroyed by its deceitful desires.' Ephesians 4:22 TEV

'We must get rid of everything that slows us down, especially any sin that distracts us so we can run the race that lies ahead of us.' Hebrews 12:1 GW

### 4. Real change requires honest \_\_\_\_\_.

'No more lying, then! Each of you must tell the truth to the other believer, because we are all members together in the body of Christ.' Ephesians 4:25 TEV

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.' Ephesians 4:32 NIV

'Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you.' Ephesians 4:29 NLT

### 5. Real change requires \_\_\_\_\_.

'You have heard me teach many things that have been confirmed by many reliable witnesses. Teach these great truths to trustworthy people who are able to pass them on to others.' 2 Timothy 2:2 NLT

'Christ gifted some of us to be apostles, prophets, evangelists, pastors, and teachers, so that his people would learn to serve and his Body would grow strong. This will continue until we're united by our faith and understanding of the Son of God. Then we will be mature, just as Christ is, and we will be completely like him.' Ephesians 4:11-13 CEV

### 6. Real change requires \_\_\_\_\_.

'Now, by his mighty power at work within us, God is able to do far more than we would ever dare to ask or even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes.' Ephesians 3:20 LB

'I can do all things through Christ who empowers me. I am ready for anything through Him who infuses inner strength into me!' Philippians 4:13 AMP

Jesus: 'According to your faith will it be done to you.' Matthew 9:29 NIV



## SMALL GROUP SERMON DISCUSSION

1. What do you find hard about change and making changes?
2. How does God's Spirit in 2 Corinthians 3:18 help us overcome the personal defects that are hard to change?
3. Read through Ephesians 4:17-32 and pick up on all the different ways Paul speaks about change.
4. Real change begins with new thinking. How do we change the way we think according to Ephesians 4:23?
5. Ephesians 4:14-15 says that the key to avoid being tossed about by lies is by '*holding the truth in love, growing in every way more and more like Christ.*' Discuss how Scripture helps us do that according to 2 Timothy 3:16-17.
6. Read Ephesians 4:11-13 and 2 Timothy 2:2. God gifted some to serve so his Body would grow strong. What do you think these verses say about receiving coaching and coaching others? Talk about the benefit you have received in your life from a coach or mentor or where you have mentored others.
7. Change requires faith; what does Ephesians 3:20 say God's power can do?
  - How much more can we do as the result of God's power at work within us?
  - What is meant by '*infinitely beyond our highest prayers, desires, thoughts, or hopes*'?
8. Read Philippians 4:13 and Matthew 9:29. Discuss how God has empowered you in life and where you have seen his strength working in others.

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