

April 10/11, 2010
How God and You Change You

You can improve!

2 Corinthians 5:17; Philippians 1:6; Romans 8:11;
2 Corinthians 3:17-18; Hebrews 11:1

Christ wants you to be a flourishing and fruitful you.

Psalm 92:12-13

Flourishing means becoming Christ's best version of you for Him!

Ephesians 1:11; Philippians 2:12a-13

Four Steps in Becoming a Flourishing You:

1) Joyfully accept that you can't improve you without Him! Lasting self-improvement begins through humble, continual surrender to the only person who can change us.

The Defeat Cycle:



Matthew 5:3; James 4:6;
John 15:4-9; Philippians 4:13

2) Resolutely decide who you are changing for and why. Pure motivation is essential to sustain change and overcome resistance.

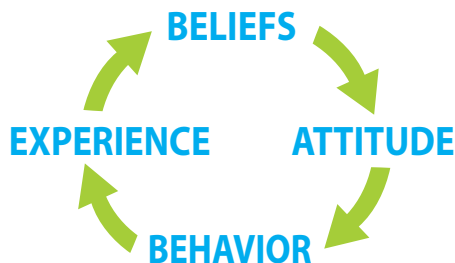
1 John 4:19 – “We love each other because He loved us first.”
2 Corinthians 5:14-15; 2 Corinthians 5:9-10

3) Commit to Christ's vision of the best you, not your version of the best you! Two visions create division and rob you of the power and grace you can receive when you are in agreement with Him.

Peter 1:2-10

4) Embrace Christ's proven improvement process! All change begins with changing our core beliefs about God, ourselves, others and life. Proverbs 4:23 – “Be careful how you think; your life is shaped by your thoughts.” John 8:31-32

B.A.B.E. Principle:



Becoming the best you for Him includes embracing a lifestyle of repentance and renewal.

2 Timothy 3:16-17; Isaiah 45:9; Romans 12:1-2

Discussion Questions:

1. What would you love to work with God to improve in your life? Is change hard for you?
2. What motivates you the most when you are trying to improve yourself? Do you think you and Christ have the same vision of the you that you want to be? How could you get in agreement with Him?
3. Review the BABE principles. What beliefs need to change so your attitudes, behaviors and experiences change to? How hard will that be for you? Pray faithfully for the improvements others want God to make in their lives, too!