

## MAKING THE HARD CHANGES IN ME

Resetting My Life – Part 3

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### WHY ARE SOME THINGS IN ME SO HARD TO CHANGE?

Why do I hold on to self-defeating habits?

#### 1. BECAUSE I'VE HAD THEM SO LONG

#### 2. BECAUSE I \_\_\_\_\_ WITH THEM

#### 3. BECAUSE MY PATTERNS HAVE A PAYOFF

#### 4. BECAUSE SATAN DISCOURAGES ME

“Since you have heard all about Jesus and have learned the truth that is in him, throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes. You must put on your new nature because you are a new person, created in God’s likeness — righteous, holy, and true. So put away all falsehood and tell your neighbor the truth because we belong to each other. Don’t let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.”  
Ephesians 4:21-27 (NLT)

### 4 REQUIREMENTS FOR LASTING, PERSONAL CHANGE

#### 1. CHANGE REQUIRES LEARNING & FACING THE TRUTH

“Learn the truth and never reject it!”  
Proverbs 23:23 (NCV)

“People say to God’s messenger, ‘Don’t tell us the truth! Just say things that will make us feel good, and things we want to hear. Let us keep our illusions.’”  
Isaiah 30:10 (NCV/TEV)

“Jesus said, ‘I’m telling you the truth’... Yet instead of facing the evidence and accepting it, you procrastinate with questions.”  
John 3:11 (MSG)

“When we claim we haven’t sinned, we’re only fooling ourselves and refusing to accept the truth.”  
1 John 1:8 (NLT)

**Behind every self-defeating behavior, is a \_\_\_\_\_ I’m believing.**

“Love should always make us tell the truth. Then we will grow in every way and be more like Christ.”  
Ephesians 4:15 (CEV)

“Sanctify them by the truth; your word is truth.”  
John 17:17 (NIV)

“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)

#### 2. LASTING CHANGE REQUIRES NEW \_\_\_\_\_

“There must be a spiritual renewal of your thoughts and attitudes.”  
Ephesians 4:23 (NLT)

**Think → Feel → Act**

“Let the same mind and attitude be in you which was in Christ Jesus.”  
Philippians 2:5 (AMPC)

**MY SO-CALLED “DEFECTS” ARE OFTEN ...**

... \_\_\_\_\_ **BEING MISUSED**

... **ATTEMPTS TO MEET MY UNMET NEEDS**

#### 3. LASTING CHANGE REQUIRES COMMUNITY & COACHING

“Put away all falsehood and tell your neighbor the truth because we BELONG to each other.”  
Ephesians 4:25 (NCV)

“You’ll never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.”  
Proverbs 28:13 (GNT)

“By helping each other with your troubles, you truly obey the law of Christ.”  
Galatians 6:2 (NCV)

#### Many Examples of One-on-One Coaching in the Bible 5 kinds of group coaches in Christ’s church

“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)

#### 4. LASTING CHANGE REQUIRE THE \_\_\_\_\_

“This is the word of the Lord: ‘You will not succeed by your own strength or power, but by my Spirit,’ says the Lord.”  
Zechariah 4:6 (NCV)

“As the Spirit of the Lord works within us, we become more and more like Him.”  
2 Corinthians 3:18 (TLB)

1. identify 2. lie 3. thinking 4. strengths 5. Holy Spirit

## 作出艱難的自我改變

重啟人生 (三)

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2022年5月14-15日

為何改變我生命中的一些問題是如此困難？

為何我抱緊自我否定的習慣

1. 因為它們已根深蒂固
2. 因為我\_\_\_\_\_它們
3. 因為我的行為模式得到回報
4. 因為撒但要打擊我的意志

「既然你們聽過耶穌的事，學了來自他的真理，就要脫去舊有的罪惡本性，以及從前那種因情慾和欺詐而敗壞了的生活方式，並要讓聖靈更新你們的思想和心態。要披上你們的新性情，這性情是照着上帝的形象造的，有真正的公義和聖潔。所以，不要再撒謊了；我們要向鄰居說真話，因為我們都同屬於一個身體。『不要受怒氣操控而犯罪』，不要到日落後仍然懷怒，因為怒氣會讓魔鬼有機可乘。」

以弗所書 4:21-27 (新普及譯本)

### 作出持久的個人改變的四個原則

#### 1. 改變須要學習和面對真理

「要學習真理，永不可拒絕。」

箴言 23:23 (意譯)

「他們對神的使者說：不要告訴我們真相，只說讓我們感覺良好和我們喜歡聽的話。讓我們心存虛幻。」

以賽亞書 30:10 (意譯)

「耶穌說：我告訴你們真理... 但你們不面對證據，也不接受它，你們用問題來拖延。」

約翰福音 3:11 (意譯)

「如果我們聲稱自己沒有罪，那就是自欺，並拒絕接受真理。」

約翰一書 1:8 (新普及譯本/意譯)

在每個自我否定行為的背後，都是我所相信的\_\_\_\_\_

「愛心應該使我們說出真相，在各方面成長得越來越像基督。」

以弗所書 4:15 (新普及譯本/意譯)

「求你用真理使他們成聖，你的道就是真理。」

約翰福音 17:17 (新普及譯本)

「整部聖經都是人在上帝的感動下寫的，它能教導我們甚麼是真理，指出我們生活中犯了甚麼錯誤，糾正我們的過犯，教導我們做正確的事。上帝用聖經裝備他的子民，預備他們去做各樣的善事。」

提摩太後書 3:16-17 (新普及譯本)

#### 2. 持久的改變需要新的\_\_\_\_\_

「並要讓聖靈更新你們的思想和心態。」

以弗所書 4:23 (新普及譯本)

思想 → 感覺 → 行動

「你們當有基督耶穌那樣的想法和態度。」

腓立比書 2:5 (新普及譯本/意譯)

「缺點」往往是 ...

... 被誤用的\_\_\_\_\_

... 試圖滿足我未被滿足的需要

#### 3. 持久的改變需要群體和指導

「因此，你們要除掉謊言，每個人都要與鄰舍說實話，因為我們彼此是肢體。」

以弗所書 4:25 (新漢語譯本/意譯)

「掩飾自己罪過的，不能有成功的人生；承認過失而悔改的，上帝要向他施仁慈。」

箴言 28:13 (現代中文譯本/意譯)

「你們要分擔彼此的重擔，這樣做就是服從基督的律法了。」

加拉太書 6:2 (新普及譯本)

#### 聖經中「一對一」的教練原則

##### 上帝給了教會五種團體教練

「他（基督）所賜的，有使徒，有先知，有傳福音的，有牧師和教師，為要裝備聖徒從事聖工，好建立基督的身體，直到我們大家對神的兒子都有一致的信仰和認識，長大成人，達到基督豐盛成熟的身量。」

以弗所書 4:11-13 (新漢語譯本)

#### 4. 持久的改變需要\_\_\_\_\_的幫助

「這是上主的話：你不能倚靠自己的武力或能力成功，你是要倚靠我的靈。這是上主說的。」

撒迦利亞書 4:6 (新普及譯本/意譯)

「當主的靈在我們身上作工，我們便越來越像他。」

哥林多後書 3:18 (意譯)

1. 認同 2. 謊言 3. 思維 4. 優點 5. 聖靈