

# How to Finally Change

*Healing, Week Six*

The Bible says a lot about the life change we experience when we come to know Jesus. Is that real? Is it actually possible to overcome our sinful behavior and become a different person? Yes! It's not fast or easy, but it's possible!

One of the most common questions we ask about the Christian life is...

***Is it actually possible to change?***

Why haven't I gotten over my sin issues yet? When will these repeating patterns of failure stop? Is victory even achievable at all?

YES!

**God can change our character to be just like Jesus', but it's hard, it's slow, and it's painful.**

Jesus said this...

**Matthew 5:6 NLT**

God blesses those who hunger and thirst for justice, for they will be satisfied.

**Naturally, we seek to avoid pain and experience pleasure and to meet our deepest needs.**

What are our deepest needs?

- Certainty
- Uncertainty
- Significance
- Love and Connection
- Growth
- Contribution

**Sinfully, we seek to meet those needs through cravings that are unholy and unhealthy.**

**Colossians 3:5-9 NLT**

So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

And the Bible describes us as being like broken cisterns that can't hold water. We're never fulfilled. Never satisfied.

Paul says we can "throw off" those old patterns, those old cravings, those old appetites.

But Jesus said you CAN be satisfied. You can be fulfilled. How?

**Supernaturally, we can cultivate new appetites and cravings that are holy and healthy and more like Jesus.**

### **Colossians 3:10-15 NLT**

Put on your new nature, and be renewed as you learn to know your Creator and become like him. In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us. Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

To finally change, cut off the old cravings and cultivate a new craving for justice and righteousness.

That means...

- Don't just stop sinning. Starve the sinful appetite.
- Don't just try harder. Trust Jesus more.
- Fill your mind with Christ-like thinking patterns.

### **Philippians 4:8-9 NLT**

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

**Are you ready to change once and for all? Trust and follow Jesus!**