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Acts 20:32 – So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified. (*NKJV*)

Where does the ability to make "changes that last" originate?

Three Things Needed to Make Changes that Last:

- 1. God's Presence
- 2. God's Word
- 3. God's Grace
 - 1. God's Presence: time with Him and His people (people carry His presence)
 - He is able to:
 - Build you up
 - Edify you
 - Embolden you toward God

Whatever drives us away from God causes us to walk away from the "grace to change."

The lie (deceitfulness) of sin: I believe my choice will be better than God's plan.

<u>Hebrews 3:12-13</u> – See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. ¹³ But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness. (*NIV*)

Shame is designed to cause us to hide from God.

Adam and Eve

Example: When someone is feeling extreme shame in a relationship, they will actually hang their head and cover their face.

We are hiding through shame and God is always seeking us.

<u>II Corinthians 3:17-18</u> – Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ 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. (*NIV*)

Changes that last come when we are transformed into His likeness.

<u>Hebrews 10:24-25</u> – And let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching. (*NIV*)

2. God's Word: daily diet

<u>Matthew 4:4</u> – Jesus answered by quoting Deuteronomy: "It takes more than bread to stay alive. It takes a steady stream of words from God's mouth." (*The Message*)

<u>Jeremiah 15:16</u> – When your words showed up, I ate them—swallowed them whole. What a feast! What delight I took in being yours. (*The Message*)

<u>Psalm 119:11</u> – I have hidden your word in my heart that I might not sin against you. (NIV)

<u>II Corinthians 10:3-5</u> – For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. (*NIV/NKJV*)

No Word = no transformation!

Romans 12:2 – Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (*NIV*)

No Word = no direction = no love for what is right.

<u>Psalm 119:103-105</u> – How sweet are your words to my taste, sweeter than honey to my mouth! ¹⁰⁴ I gain understanding from your precepts; therefore I hate every wrong path. ¹⁰⁵ Your word is a lamp to my feet and a light for my path. (*NIV*)

- 3. God's Grace
 - God's Word without God's grace is legalism.
 - Grace is running a marathon and getting to start at the finish line!

<u>II Corinthians 12:9-10</u> – But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (*NIV*)

<u>James 4:6-7,10</u> – But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." 7 Submit yourselves, then, to God.

Resist the devil, and he will flee from you. 10 Humble yourselves before the Lord, and he will lift you up. (NIV)

Grace comes through God's people.

<u>I Peter 4:10</u> – Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. (*NIV*)