

You Can Change!



Discovering God's Word

Bible Study Series

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Learn how real change is within reach through Jesus Christ

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Study Number: DGW5

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My plea: It is my hope and prayer that you are searching for the truth that is contained in God's word, the Bible. My desire is to help you understand and obey these truths God has revealed in the pages of His word. It is to that end that I write this material. Please observe all of the Scripture references and evaluate whether the conclusions I have drawn are in harmony with God's word. If they are, I ask that you make honest application of those truths to your life and obey God's instructions.

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You Can Change!

“I have sinned!” This is the saddest, yet most important realization any of us can come to. Romans 3:23 says, “for all have sinned and fall short of the glory of God.” So, if we are honest with ourselves, we will all be forced to come to this conclusion at some point in our lives (and probably at many different points in our lives).

Sometimes this realization comes in a moment of extreme anguish and trouble. Sometimes it comes in a moment when we are participating in sin. Sometimes it comes in a moment of honest Bible study. Sometimes it comes in a moment when the consequences of our sins have become evident. Or, sometimes it comes in a moment when we realize our need for God in our lives; but, realize that we have shut Him out of our lives (for, Isaiah 59:1-2 warns us that we separate ourselves from God when we sin).

This realization can leave us feeling downtrodden and hopeless because we are faced with the consequences of our actions. We may begin to question, “How can I ever change things?” We may not believe that things can be changed or may not know how to change. However, change is one of the greatest opportunities that have been provided to us through Jesus Christ! No matter where we are and what we have done – we can change! But, please understand that this opportunity is only found in Jesus Christ!

As we begin this study, please take a few moments to consider some areas you need to make changes in. Now, as you go through this exercise, please realize that I am not talking about “self help” areas of your life (although your life will be helped by getting rid of sin in your life). I am specifically

addressing the opportunity we have each been given to find a new start in Christ Jesus and purge sin from our lives!

So, as you consider your life, perhaps you would like to make changes in your relationships (i.e. your relationship with God, your relationship with your spouse, your relationship with your parents, your relationship with your brethren, etc.). Perhaps there are sinful personal struggles and habits that you have (i.e. sexual sin, pornography, alcohol, tobacco, gambling, anger, covetousness, laziness, gluttony, etc.). Perhaps you need to make changes to your mindset (i.e. to be more loving, to be more forgiving, not to be envious or greedy, to treat others as you’d want them to treat you, etc.). Perhaps you need to eliminate worry and anxiety from your life by relying entirely upon the Lord. Perhaps you recognize that you have failed to serve others and give as you should. Perhaps you have not been zealous for Christ in teaching the gospel as you should. Perhaps you have allowed life to become too much of a distraction to you and you have not been diligent to do the things you know God wants you to do (i.e. study your Bible, pray, faithfully attend the assemblies of the local church, do your part in the work of the local church, etc.).

Whatever sin is in your life today, the gospel contains “good news” for you! In fact, the gospel is “good news”! The gospel declares how God loved the world so much that He sent His only begotten Son to die so that you could be saved – and not experience the punishment you deserve for your sins (John 3:16). However, God requires that you must put your full trust in Jesus Christ as your Savior, doing the things that He commands you to do! The gospel is, therefore, the “power of God to salvation for everyone who believes” (Romans 1:16).

Please take some time in this lesson to think about the areas of sin in your life and be encouraged to know that Jesus Christ gives you the opportunity to change! Then, please determine to take the necessary steps to find this change through Jesus Christ!

Christ Provides You The Opportunity To Change!

As has been mentioned already, change is one of the great opportunities that has been provided through Jesus Christ. However, true and real change is only available through Jesus Christ. Please consider the following opportunities Christ has provided you.

An opportunity to hope

Simply put, a life without hope is not worth living! That is why so many decide to take their own lives by committing suicide. To so many, hope seems out of reach and they are downtrodden in despair. Now, please understand that while the statement, “A life without hope is not worth living” is true, the reaction of suicide is certainly never the appropriate course!

Ephesians 2:11-16 describes the Gentiles as having been separated from God and without hope in the world (verse 12). However, now (through Jesus Christ) they can be brought near and have access to God! While this passage has specific application with regard to the Gentiles, it certainly has application to anyone who is in sin. When we sin, we separate ourselves from God (Isaiah 59:1-2) and are, consequently, in a state of hopelessness. It is only through the blood of Jesus Christ that we can once again have hope!

This opportunity to have hope will inspire people! If you have felt like your life is hopeless, listen to the gospel’s message! It is a message of hope – a message that says you can change your life and be saved from your sins! This sort of hope is capable of lifting the most severely depressed individuals and provide strength to the weak! Christ gives you the opportunity to hope!

An opportunity to be forgiven

Forgiveness of your past sins is found only in Jesus Christ. Acts 13:38 says, “Therefore let it be known to you, brethren, that through this Man [Jesus Christ] is preached to you the forgiveness of sins.”

Ephesians 1:7 says, “In Him [Christ] we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”

Forgiveness of sins simply cannot be found through anyone or anything besides Jesus Christ. Speaking of Jesus Christ, Acts 4:12 says, “Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.” All other attempts to have your past sins washed away are worthless!

But, what happens when God forgives your sins through the blood of Jesus Christ? Acts 3:19 says, “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord” (NIV). The expression that is translated “wiped out” carries the idea of complete removal of past sins – without a trace remaining! It is taken from a Greek word that referred to the practice of creditors keeping record of the debts of their debtors on tables that were covered with wax. Then, when the debt had been paid, the creditor would smooth the wax – and thus completely remove any trace of the debt.

It is in this way that God forgives sin through Jesus Christ! He remembers your sin against you no more, removing every trace of the sin from your record! Similarly, Matthew 18:23-27 discusses a parable that Jesus taught in which God is portrayed as completely forgiving a debt that could never be repaid! Hebrews 10:17 also talks of God’s complete forgiveness when it says, “Their sins and their lawless deeds I will remember no more”!

With God, therefore, you do not have to continuously live your life with your past sins still clinging to you! While there may be physical consequences that remain from your sin (i.e. disease, jail time, hurt relationships, injured reputation, etc.), you can have a fresh start in your relationship with God! Christ gives you the opportunity to be forgiven of your sins!

An opportunity to start new

When the sinful ways of the “old man” have been forgiven, a way for the “new man” is created. In Christ Jesus, you can be a new creature (2 Corinthians 5:17), having been born again (John 3:3-

5)! You can live differently and make the changes that you know should be made to your life!

This new life in Christ is different from the old life of sin. Previously, your life was conducted in a way that violated God's laws. Consider the language in Romans 6:3-4: "Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life."

Now, as a new creation, you must live a life of holiness – living in a way that is pleasing to God. Ephesians 4:22-24 also shows this transformation: "that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness." Furthermore, Colossians 3:1-17 describes this transformation in greater detail – including things that Christians must get out of their lives and things that must be included in their lives! In Christ, you have an opportunity to start new!

An opportunity to overcome

In your past, perhaps you have been overcome by temptations concerning worldly things. 1 John 2:15-17 breaks these things down into three areas: The lust of the flesh, the lust of the eyes, and the pride of life. These things are identified in the text as being things of the world rather than things that please God.

While you have, perhaps, often struggled to overcome these temptations, Christ Jesus has now provided you with the opportunity to overcome them. Having been forgiven of your past sins and given a new start, you can now look at these old, familiar struggles and temptations in a new light. You should begin looking at your obstacles through the Word of God – observing what it says. It was, after all, in this way that Christ Jesus overcame temptation Himself, by appealing to the Scriptures whenever He was tempted (read Matthew 4:1-11).

Ultimately, through Jesus Christ, you have been given an opportunity to overcome your sins and be victorious (1 Corinthians 15:57-58)!

Examples Of Change In The Scriptures

These opportunities we have studied about are not fantasies. Rather, these opportunities have been demonstrated in the Scriptures! You are encouraged to read all of the passages associated with the following examples and allow these examples to inspire you to change your life!

Peter

Peter was one of Jesus' 12 apostles. He worked closely with Jesus Christ and observed Him perform miracles and teach. When the Lord, therefore, foretold that Peter would deny Him three times, Peter affirmed that he would never do such a thing! However, in a moment of fear, Matthew 26:69-75 records Peter doing that very thing – denying his knowledge of and association with the Lord three times: "Now Peter sat outside in the courtyard. And a servant girl came to him, saying, 'You also were with Jesus of Galilee.' But he denied it before them all, saying, 'I do not know what you are saying.' And when he had gone out to the gateway, another girl saw him and said to those who were there, 'This fellow also was with Jesus of Nazareth.' But again he denied with an oath, 'I do not know the Man!' And a little later those who stood by came up and said to Peter, 'Surely you also are one of them, for your speech betrays you.' Then he began to curse and swear, saying, 'I do not know the Man!' Immediately a rooster crowed. And Peter remembered the word of Jesus who had said to him, 'Before the rooster crows, you will deny Me three times.' So he went out and wept bitterly."

Perhaps Peter's "low point" is observed in Luke 22:61-62 when the Lord looked at Peter after the rooster crowed – after Peter had just denied Jesus. Oh, what Peter must have felt! He now recognized

what he had done. He, therefore, proceeded to go out and weep bitterly!

But, as you read the rest of the story, Peter rededicated himself to the Lord and was forgiven of his sin (see John 21:15-17). He proceeded from that point to change his life to produce the fruit of repentance (Matthew 3:8; Acts 26:20), even becoming a bold proclaimer of the gospel! You can read examples of his boldness in Acts 2-5. Furthermore, according to historical record, Peter eventually gave His life for Christ – rather than denying the Lord! Peter changed!

Paul

You can read about Paul's actions (when he was named Saul) of persecuting Christians in passages like: Acts 7:58, Acts 8:1-3, Acts 9:1-2, and Acts 26:9-11. Paul would later describe himself as a “blasphemer and a persecutor and a violent aggressor” (1 Timothy 1:13 NASB).

Yet, this man (who called himself the chief of sinners in 1 Timothy 1:15) was able to change! Jesus appeared to him while he was traveling to Damascus with the intent of persecuting Christians. Then, being convicted of his sin, Paul repented and was obedient to Jesus Christ – being baptized for the forgiveness of his sins (see Acts 9:3-19 and Acts 22:16).

Consider what Paul wrote concerning himself and the opportunity he was given to change in 1 Timothy 1:12-17: “And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry, although I was formerly a blasphemer, a persecutor, and an insolent man; but I obtained mercy because I did it ignorantly in unbelief. And the grace of our Lord was exceedingly abundant, with faith and love which are in Christ Jesus. This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.”

As you read about the life of Paul after his conversion to Christ, you observe the fruit of repentance that was produced in his life (Matthew 3:8; Acts 26:20). He relinquished his former ways of being an opponent of Christ and began proclaiming the gospel of Christ (see Acts 9:20-31). Paul would even make the transition from the persecutor to the persecuted, suffering for the cause of Jesus Christ (read 2 Corinthians 11:22-33). Then, according to historical record, Paul gave his life for Christ! Paul changed!

The Prodigal Son

Jesus teaches the Parable of the Prodigal Son in Luke 15:11-32. While this passage records a story (not an actual example), this story contains truths that have been played out numerous times throughout the history of mankind. In this story, the younger of two sons demanded his share of his father's inheritance. He, then, squandered his inheritance with “loose living” (NASB) – wasteful living.

This individual, as the result of his actions and decisions, hit “rock bottom” when he was fighting the pigs for food. Then, when he was as low as he could get, he came to his senses. He made a determination to go to his father, confess his sin and ask only to be welcomed as one of his father's hired servants. Then, after making this determination, he acted accordingly.

The rest of the story shows that the father forgave his son and restored him – not only to be a hired servant, but, welcomed him again as his son! While the father had not forced his son to return, he celebrated the time when his son chose to return and gave his son the best that he had! The Prodigal Son changed!

These examples ought to inspire you!

The examples of Peter and Paul demonstrate how real people have fallen into sin and how they found hope and forgiveness! And, while the Prodigal Son was a story that Jesus told, its principles touch the lives of us all whenever we leave God (who is our Father) to pursue our own desires!

Thinking on these examples, therefore, you ought to be inspired – that change is possible through

Jesus Christ! Think about it. Peter denied Christ and was forgiven. Paul was responsible for the death of some Christians and was forgiven. The Prodigal Son wasted his father's inheritance and was forgiven. Likewise, you have sinned and you can be forgiven! No matter how low you believe you have sunk or how horrible your actions may have been – you can be forgiven and change!

Some Have Refused Their Opportunity To Change

Please consider the title of this study carefully: “You *Can* Change.” All that we have been discussing has been an opportunity. But, God will not force you to change. He simply has provided you with the *opportunity* to do so. Yet, there are many who will choose not to change. Rather than taking the “road” of change, they take other “roads” that prevent them from changing! Let's consider some of the “roads” that prevent change.

Denial

Denial can prevent change in a couple of ways. (1) Denial of the problem. People are often told that the first step to change is to admit that there is a problem. However, folks often deny that they are in error (since no one likes to be in the wrong). In fact, some will deny their sins no matter what evidence is presented to them! Some will twist the Scriptures (making the Scriptures say what they do not really say) in order to try to justify themselves. Some will fail to look at themselves and see the problems (though, perhaps they are quick to see and address the problems in the lives of others).

(2) Denial of the solution. “That won't work for me.” Sometimes folks recognize the problem, but believe the God-given solution simply will not fix the problem. Naaman, in 2 Kings 5, is a good example of this. He thought other things would be better to cleanse him of his leprosy rather than simply doing what the prophet of God had instructed. We can do the same thing with regard to God's solution to our sin. Or, sometimes folks think, “That might work in

most cases, but it won't work for me.” You see, denial of either the problem or the solution that God has provided will prevent you from changing your life and being filled with hope and newness of life!

Excuses

By very definition, excuses are made in order to excuse our conduct. Oftentimes, folks blame anything or anyone else for their problems rather than taking responsibility for their own lives and fixing the problems that exist! Consider some common excuses that are made: (1) Some blame their childhood and how they have been raised. (2) Some blame bad experiences in their lives. (3) Some claim, “I've always been this way.” Or, they may say, “You can't teach an old dog new tricks” (which may be true about old dogs; but, is not true about people!). (4) Some blame others for their decisions and actions. Consider how both Adam and Eve pointed the “finger of blame” in another direction for their sin in Genesis 3:12-13. (5) I'm sure that other excuses are made that we could also list at this point. Take a moment and consider whether you have offered any of these types of excuses – or any other excuses for your sin.

Excusing your conduct by casting blame on something or someone else may make you feel better inside for a while. But, it will prevent you from changing your life and being filled with hope and newness of life!

Pride

Folks don't like to be wrong. And, even if they are wrong, they don't typically like to admit that they're wrong. Admission of wrong is often seen as a shameful thing rather than being seen as a sign of strength and courage! Therefore, whenever folks sin, their pride gets in the way and they often don't want others to see that they have failed. Instead, they desire to maintain a false perception of superiority and perfection!

If you allow pride to fill your heart, you will not look upon your actions properly! Thus, rather than acknowledging your faults and making the necessary changes, you will always justify yourself

and never be led to the sorts of changes that will fill your life with hope and newness!

Self-pity

“Woe is me.” “Look at what I’m going through.” “Look at how hard it is to overcome my struggles.” While some of these sorts of statements may in fact express the truth about a situation, these statements can also be dangerous. Why? Simply because these are statements of self-pity, and self-pity can be carried to a level that will prevent folks from changing by actually becoming a way to justify actions.

If you allow self-pity to take control, you will always have an easy and convenient excuse to “justify” your lack of change (i.e. “I’m trying; but, things are just so difficult for me”). However, this will never lead you to real, meaningful change that fills your life with hope and leads you to newness of life!

A form of religion

Perhaps you are religious. Perhaps you would even call yourself a “Christian.” However, you must carefully examine your life in comparison to the word of God to determine whether you have actually become a Christian (as the New Testament teaches) and have been forgiven of your sins.

2 Timothy 3:5 identifies that there were individuals who had a “form of godliness” – but, denied its power. Additionally, in Matthew 7:21-23, Jesus identifies that there would be many who would profess to be His followers, who would actually be eternally condemned because they had not been obedient to God.

Other New Testament passages indicate that there are many false teachers who teach a false gospel (see Matthew 7:15-20; Acts 20:28-31; Galatians 1:6-9; 2 Peter 2:1-3; 2 John 1:9-11). Particularly, 2 Peter 2:1-3 indicates that these false messages are destructive – and are deceptively spread by their teachers. So, following any of the many false teachings in so-called “Christianity” today will not lead to your eternal salvation – and will rob you of your opportunity to find forgiveness and true hope in the Lord (though they provide a false

sense of forgiveness and hope, see 2 Peter 2:18-19). You must beware, then, of any teachers who spread a false gospel – and all churches that have embraced these false gospels!

You must be cautious to avoid all that will prevent change!

Any number of things can prevent change (in addition to the things listed here). However, if you are seeking real change, you must not allow yourself to settle for any cheap substitutes that will actually prevent the change you are seeking!

Things Involved In Change

Now that we have discussed the opportunity you have to change, examples of change, and things that will prevent change, let’s spend some time talking about the things involved in real change!

A conviction that what you have done is wrong

As we have previously discussed, the first step in changing your life is to admit that you need to change! Humility will be required in order for this to occur. This conviction will be produced by the word of God – as you study it and compare your life to its teachings. Hebrews 4:12 identifies God’s word as being more powerful than any two-edged sword that exposes our lives, thoughts, and actions for what they truly are: “For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart”!

Then, when you have discovered that your life doesn’t measure up to God’s expectations, you should also experience godly sorrow. 2 Corinthians 7:10 says, “For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.” This is sorrow on a spiritual level – knowing that you have separated yourself from God and are headed for eternal punishment because of your sin!

A recognition that you cannot correct the situation by yourself

True change will not come from anything you can produce by yourself! You may make (and, perhaps, have made) such attempts; but, they will all fall short of what true change will bring! True change will only come when you look outside of yourself – looking to God for the forgiveness of your past sins, discovering what His will is for your life, and setting your heart on following after Him (no matter what He instructs you to do)!

Remember, Romans 6:23 tells us that the “the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” Eternal spiritual death is what we each deserve when we sin. It is only because of what God has accomplished through Jesus Christ that we can be saved from our sins! So, Ephesians 2:8-9 says, “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.” So, again, we simply cannot earn the salvation from our sins! We each need the grace and mercy of God that has been provided through the sacrifice of Jesus Christ in order to be saved!

Repentance

Repentance is absolutely necessary for salvation. In Luke 13:3, Jesus said, “I tell you, no; but unless you repent you will all likewise perish.” In Acts 2:38, repentance (and baptism) is said to be necessary in order to have your sins forgiven: “Then Peter said to them, ‘Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.’” In Acts 17:30, it plainly says that God “now commands all men everywhere to repent.” While we will study more about the place of repentance in just a moment, I want to focus now on what repentance really is (since it is essential to your salvation).

Repentance is a change of mind that produces a change of life (a renewal of the spirit of your mind, Ephesians 4:22-24). This change of life is the fruit of repentance (Matthew 3:8) or “works befitting repentance” (Acts 26:20). When you repent, you will look upon your past sins with abhorrence and

determine to live differently (i.e. determine to put away your sins and determine to live entirely for the Lord). Repentance is also preceded by godly sorrow (2 Corinthians 7:10 says that repentance is produced by godly sorrow).

Obedience

Although you cannot earn your salvation by works, God does require that you do some things in order to be saved from your sins (these are works of faith and obedience, not works of merit). Here is what God says you must do in order to become a Christian and be forgiven of your past sins. (1) God says that you must hear His word (Romans 10:17). (2) God says that you must believe in Him and in His Son (John 8:24). (3) God says that you must repent of your sins (Acts 17:30). (4) God says that you must confess the Lord Jesus (Romans 10:9-10). (5) God says that you must be baptized. Baptism, specifically, is an area of much false teaching, as many churches today believe that you do not need to be baptized in order to be saved. However, honestly consider how the following passages teach that baptism is necessary for salvation and the forgiveness of your sins: Mark 16:16, Acts 2:38, Acts 22:16, Galatians 3:27, and 1 Peter 3:20-21. Also, it is important to realize that Scriptural baptism can only be accomplished through the immersion in water (not sprinkling or pouring). Read Romans 6:3-4, Colossians 2:12, and Acts 8:38-39 to see this truth. Then, once you have been obedient to these commandments in order to become a Christian, you must bear the fruit of repentance (live a changed life – one that is faithful to God)!

If, however, you have already taken these steps in the past to become a Christian; but, if you have not been faithful to the Lord in your life, the Bible also gives you instructions as to how you can be forgiven of your sins (because it is possible to sin after becoming a Christian). You must (1) Repent of your sins (Acts 8:22), (2) Confess your sins to God (1 John 1:9), and (3) Pray for forgiveness (Acts 8:22). Then, again, you must bear the fruit of repentance (live a changed life – one that is faithful to God)!

Diligence

Living a life for the Lord will not always be easy. Satan will try to lure you away from God through your carnal (fleshly) desires. You must recognize that you are involved in a war for your soul – and that there are times the battle will be fierce! However, you must persevere! Read 1 Corinthians 15:57-58, 1 Corinthians 10:13, and 1 Peter 5:8-9 to discover the hope of overcoming the devil and being victorious in Christ!

In addition, you must be diligent in putting your old man of sin to death (i.e. the sinful ways/actions of your old self). Read Colossians 3:1-17, Galatians 2:20, and Galatians 5:24. Don't just give sin a "cold" by temporarily eliminating sin from your life. Put it to death by getting rid of the sin from your life! To put it in a similar way, when you run away from sin, don't leave a "forwarding address" (hoping that it will find you again in the future). Kill it from your life! Make the changes that need to be made in your life and be diligent in exercising the proper self-discipline that will be required (Luke 9:23; 1 Corinthians 9:27).

Conclusion

You can change! Take some time to reflect on the changes you determined you need to make – that you established at the beginning of this lesson. Now, make the necessary changes!

Christ has given you the opportunity to change! You can change! "I can do all things through Christ who strengthens me" (Philippians 4:13) – was the proclamation made by the apostle Paul.

However, you must realize that your opportunity to change is limited. Your life could end at any time - or Christ could return at any moment and end this world. Therefore, 2 Corinthians 6:2 says that "now is the day of salvation." Make the necessary changes in your life today – while you have the opportunity!

Study Questions

List some areas you would like to change in:

1. Christ Provides You The Opportunity To Change!

Why is hope important? Through Whom do you have the opportunity to hope?

Where is forgiveness found? What happens when God forgives? What does that fact mean to you?

Why do you have the opportunity to start new? What does this mean?

What do you have an opportunity to overcome?

2. Examples Of Change In The Scriptures

What can you learn about change from the example of Peter?

What can you learn about change from the example of Paul?

What can you learn about change from the parable of the prodigal son?

3. Some Have Refused Their Opportunity To Change

Why is denial harmful to your ability to change?

Why are excuses harmful to your ability to change?

Why is pride harmful to your ability to change?

Why is self-pity harmful to your ability to change?

Why is a form of religion harmful to your ability to change?

4. Things Involved In Change

Why is it essential to be convicted that you have done wrong?

Why is it essential to recognize that you cannot correct the situation by yourself?

Why is it essential to repent? What is repentance?

Why is it essential to be obedient?

Why is it essential to be diligent?

***Can you change?**