



# THE POWER TO CHANGE

## Why Do I Keep Struggling to Change? // Jeff Brodie // January 5, 2025

Have you ever felt stuck in a cycle of wanting to change but never quite getting there? This week, we're unpacking why change feels so hard and how understanding your God-given identity can set you free from frustration. Discover how aligning your life with God's purpose can help you break free and take the first step toward lasting transformation.

**Scripture:** [Romans 7:15-24 NLT](#); [1 Corinthians 15:9-10 NIV](#); [Ephesians 4:21-22 NLT](#)

**Bottom Line:** Lasting change isn't about behaviour modification, it's about spiritual transformation.

### Discuss:

*Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.*

1. Have you ever made a new year's resolution? Did you make one this year?
2. We all want to make changes in our lives at some point, but we often struggle to do so. Why do you think that is?
3. When in your life have you made pain-driven change? What was the result?
4. Read [Romans 7:15-24](#) together. How do you resonate with Paul in this passage?
5. The late author and theologian Jerry Bridges writes about the inaccurate "God then me" and "God not me" mindsets we can have around how change works in the Christian life. Unpack what these mean. When do you think you've thought this way in the past?
6. Read [1 Corinthians 15:9-10](#) and [Ephesians 4:21-22](#). In these passages, the apostle Paul talks about how God wants to work through us. Reading these verses, how do you think this works? (We'll be talking more about this in the series.) Why is it vital to be reminded that the grace that saves us is also the grace that changes us?
7. Where in your life do you want to make purpose-driven change instead of pain-driven change? How does this shift in perspective help to empower change?
8. Jeff said, "Jesus isn't looking for you to be self-made. He's looking for you to be more surrendered." How is surrender a key step toward lasting change?
9. *Discover your spiritual "why."* Go around and share one thing you think God might be asking you to start changing over the course of this series. Help each other understand the greater purpose or "why" God has behind that from the Scriptures.

10. *Remind yourself of your spiritual "how."* Explore the passages we've already considered this week, and also read what Paul writes in [2 Corinthians 12:9](#) out loud to the group. Make these your focus this week.

**Moving Forward:**

On the days when you are seeing change or struggling with it, remember these powerful words from Jerry Bridges: *"Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the need of God's grace."* What does this mean to you right now?