



THE POWER TO CHANGE

Changing What You Do // Jeff Brodie // January 12, 2025

Trying harder isn't the answer to real change—it's exhausting and unsustainable. When it comes to making change in our lives, our mind and our soul are connected. This week, learn why you do what you do and how to change it and defeat the negative voice in your head.

Scripture: [Romans 7:18-19, 24-25 NLT](#); [John 8:44-45 NLT](#); [John 8:31-32 NLT](#);
[Ephesians 4:21-24 NLT](#)

Bottom Line: If you want to change what you do, change what you think of you.

Discuss:

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

1. Why do you think it's easier to start making changes than it is to sustain them over time?
2. You do what you do because of what you think of you. Talk about the regular habits in your life (routines, patterns, purchases). What do they say about you?
3. Jeff talked about the condition of our sin, and how the seed of lies often take root in broken places. Where in your own life have you found a lie you believed that was rooted in a broken place in your life?
4. What are some of the common broken places in our lives where lies take root?
5. The most sinister lies are the ones about who you are, not just what you did. The devil speaks these types of lies constantly (see [John 8:44-45](#)). Can you think of a time where you believed a lie that impacted your identity or actions? What happened?
6. Read [John 8:31-32](#). Uncovering the lies in our lives frees us—that's why scripture is such a powerful tool. Why do you think Christians who have been freed by Jesus don't always feel or live freely? Have you ever experienced this reality?
7. Jeff shared how a distorted identity can lead to destructive habits (and vice versa), and how a Christ-centred identity can lead to Christ-honouring habits (and vice versa). Have you seen this in your own life or in the life of someone you know?
8. Check out the PDF of [who we are in Christ](#). Which one do you resonate with most and why? Which one do you struggle with most and why?
9. As you consider this list and other realities of a Christ-centred identity, who do you feel God is calling you to become more of? What's one step you can take this week?

Moving Forward:

On the days you are seeing change or struggling, remember to keep focusing on the truth of your identity in Christ. It's an ongoing journey—not a moment—of change.

The miracle of salvation isn't that Jesus stops us from sinning or being tempted to sin, it's that Jesus changes what our heart wants. - Steve Cuss