

NOTES

Tough Questions

Message 4 | Why Is It So Hard To Change?

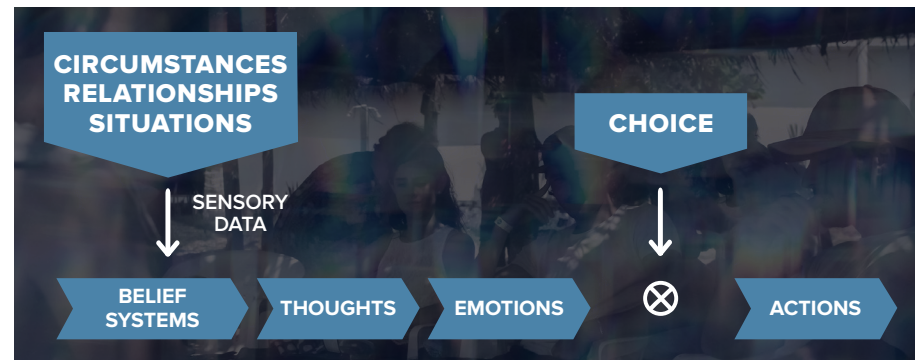
Romans 7:15 (NLT), 2 Corinthians 10:4-5 (NKJV, MSG),

Proverbs 23:7 _____

Strongholds can become a part of our _____.

You feel increasingly _____.

Belief system: How you think about yourself in light of your circumstances, situations, and relationships.



Four Steps To Change:

1. _____ your emotions.

John 11:35 _____

2. Be attentive to your _____.

3. _____ the painful emotions.

4. _____ unhealthy belief systems.

Romans 12:2, Psalm 103:8, Matthew 10:29-31 _____

If you accept a Belief, You reap a Thought.

If you sow a Thought, You reap an Attitude.

If you sow an Attitude, You reap an Action.

If you sow an Action, You reap a Habit.

If you sow a Habit, You reap a Character.

If you sow a Character, You reap a Destiny.

What is God speaking to me today? Who can I invite to church?

All Scripture is from the New King James Version (NKJV) unless otherwise listed. View message notes online at ChurchoftheKing.com/youversion.