

**THE POWER TO CHANGE--PART II**  
**SERMON TITLE: DEALING WITH NEGATIVE SELF TALK**  
**SERMON THEME: IT MATTERS WHAT YOU THINK**

WHY DO YOU DO WHAT YOU DO?

**SECONDARY REASONS:**

- YOU FEEL OBLIGATED.
- YOU WANT TO.
- YOU WANT TO BE ACCEPTED.

**PRIMARY REASON:**

- YOU DO WHAT YOU DO BECAUSE OF WHAT YOU THINK OF YOU.

**ROMANS 12:2**

- WHO YOU THINK YOU ARE DRIVES YOUR BEHAVIOR.

**PROVERBS 4:23**

**WHAT YOU THINK DETERMINES WHAT YOU DO**

- WHAT TYPE OF PERSON AM I?
- WHAT KIND OF SITUATION IS THIS?
- WHAT DOES SOMEONE LIKE ME DO IN A SITUATION LIKE THIS?

**PHILIPPIANS 4:8**

IF YOU WANT TO CHANGE WHAT YOU DO, YOU HAVE TO CHANGE WHAT YOU THINK OF YOU.

I) UNDERSTAND YOUR IDENTITY.

**JOHN 8:44-45**

**DISTORTED IDENTITY:**

- SABOTAGES YOUR SUCCESS.
- CREATES DESTRUCTIVE HABITS.
- REINFORCES A DISTORTED IDENTITY.

**PROVERBS 28:26**

II) UNDERSTAND A CHRIST CENTERED IDENTITY LEADS TO CHRIST HONORING HABITS.

II CORINTHIANS 5:17

- JESUS' HABIT WAS TO TEACH IN THE DAY, AND TO PRAY AT NIGHT.

LUKE 21:37; LUKE 22:39

- HIS PRAYER HABIT REINFORCED HIS SPIRITUAL IDENTITY.

III) KNOW NOT TO FOCUS ON WHAT YOU WANT TO DO, DECIDE WHO YOU WANT TO BECOME.

EPHESIANS 4:21-24

- CHRIST IN ME IS STRONGER THAN MY WRONG DESIRES IN ME.

ACTS 4:12

- YOUR DO IS NOT SMALL IF IT IS CONNECTED TO YOUR WHO.

EXPERIENCING TRUE CHANGE IS NOT ONLY ABOUT UNDERSTANDING YOUR IDENTITY, BUT IT IS ALSO BELIEVING IN YOUR IDENTITY.

ROMANS 8:37-39