

The Four Cups

The Power To Change

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Message Notes: Aldersgate UMC



“I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. ... So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, **waging war** against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death?
Romans 7:18-24 (NIV)

How Did We Get Stuck?

- Drifting Through Life
- Bad Decisions
- Wounds From Others

How Do We Change?

Thank God! The answer is in Jesus Christ our Lord.

Romans 7:25 (NLT)

1) Decide To Change .

But if serving the LORD seems undesirable to you, then **choose for yourselves this day whom you will serve**, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD. Joshua 24:15 (NIV)

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. 2 Corinthians 4:4 (NIV)

In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.” John 3:3 (NIV)

2) Let Go Of What You're Holding On To .

Praise be to the God and Father of our Lord Jesus Christ! **In his great mercy he has given us new birth** into a living hope through the resurrection of Jesus Christ from the dead... 1 Peter 1:3 (NIV)

I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 (NIV)

3) Grab On To God's Plan For Your Life .

...He has given us new birth **into a living hope** through the resurrection of Jesus Christ from the dead, and **into an inheritance** that can **never perish, spoil or fade**—kept in heaven for you, who through faith are **shielded by God's power** until the coming of the salvation that is ready to be revealed in the last time. In this you greatly rejoice... 1 Peter 1:3-6 (NIV)