



TITLE: "The Power to live LOCKED IN"

### WHY ARE SOME SITUATIONS & HABITS IN ME SO HARD TO CHANGE? BECAUSE...

- I'VE HAD THEM SO LONG
- I IDENTIFY WITH THEM
- MY PATTERNS HAVE A PAYOFF
- SATAN DISCOURAGES ME

#### QUESTION:

How does the length of time we've lived with a habit or mindset make it feel "normal" or permanent?

What's the difference between saying "I struggle with this" and "This is just who I am"?

What are some common "payoffs" of unhealthy patterns (comfort, control, escape, validation)?

What lies does the enemy often use to convince us that change isn't possible?

**Ephesians 21-27**— Since you have heard all about Jesus and have learned the truth that is in him, throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes. You must put on your new nature because you are a new person, created in God's likeness -- righteous, holy, and true. So put away all falsehood and tell your neighbor the truth because we belong to each other. Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.

### HOW TO LIVE A LOCKED IN LIFESTYLE:

- You Need To Learn & Face THE TRUTH.

**Proverbs 23:23**— Learn the truth and never reject it!

**Isaiah 30:10**— People say to God's messenger, "Don't tell us the truth! Just say things that will make us feel good, and things we want to hear. Let us keep our illusions."

**John 3:11**— Jesus said, "I'm telling you the truth... Yet instead of facing the evidence and accepting it, you procrastinate with questions."

**1 John 1:8**— When we claim we haven't sinned, we're only fooling ourselves and refusing to accept the truth.

**QUESTION:** Why do people sometimes prefer comforting illusions over uncomfortable truth? In what ways can self-deception feel safer than honesty? How does 1 John 1:8 expose the danger of denying or minimizing sin?

- Behind every self-defeating behavior IS A LIE I'M BELIEVING.

**QUESTION:** What does this statement mean to you: "Behind every self-defeating behavior is a lie I'm believing"?

**John 17:17**— Love should always make us tell the truth. Then we will grow in every way and be more like Christ.

**Ephesians 4:15**— Sanctify them by the truth; your word is truth.



**2 Timothy 3:16-17**— All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

- **You Need NEW THINKING.**

**QUESTION:** What thoughts or assumptions tend to shape your reactions when life gets stressful? What does it practically look like to “have the mind of Christ” in your relationships or decisions?

**Ephesians 4:23**— There must be a spiritual renewal of your thoughts and attitudes.

**THINK → DO → BECOME**

**Philippians 2:5**— Let the same mind and attitude be in you which was in Christ Jesus.

**Many times our so-called “defects” are often:**

- Strengths BEING MISUSED.
- Attempts to meet my UNMET NEEDS.

- **You Must Have COMMUNITY & COACHING.**

**QUESTION:** Why do we tend to isolate when we’re struggling instead of leaning into community? What fears keep people from being fully honest with others? How does confession differ from shame—and why does it lead to mercy rather than condemnation?

**Ephesians 4:25**— Put away all falsehood and tell your neighbor the truth because we belong to each other.

**Proverbs 28:13**— You’ll never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.

**Galatians 6:2**— By helping each other with your troubles, you truly obey the law of Christ.

- **You Will Need THE HOLY SPIRIT.**

**QUESTION:** Why is willpower alone insufficient for real spiritual change? What’s the difference between trying harder and surrendering more? How does the Holy Spirit gradually change us rather than instantly fixing us?

**Zechariah 4:6**— This is the word of the Lord: "You will not succeed by your own strength or power, but by my Spirit," says the Lord."

**2 Corinthians 3:18**— As the Spirit of the Lord works within us, we become more and more like Him.

**CLOSING QUESTIONS:**

What lie have I been believing—and what truth from God replaces it?

What would it look like for your thinking to begin aligning more with the mind of Christ?

Who might God be prompting you to walk with instead of walking alone?

