

The Pain of Change

Unstuck series

Pastor Jason Strickling

5.19.24

Main Points:

A. How do you get unstuck in the absence of a crisis? You must _____ .

B. "Change happens when the pain of staying the same is greater than the pain of change." – **Tony Robbins**

C. Scripture Reference: **Luke 9:57-62**

- My takeaways:

Two things disrupt inertia:

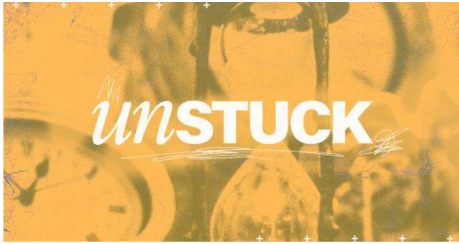
1. _____ .

- It's difficult to get unstuck because so much effort goes into _____ .
- Scripture Reference: **Luke 14:26-27**
- My takeaways:

2. _____ .

- Scripture Reference: **Galatians 6:9**
- Scripture Reference: **Corinthians 5:14-15, 17**
- My takeaways:

A. Create one 1. Drastic action, just getting started 2. Steady progression



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Group Life Questions

1. Do you work well under pressure, or does it get the best of you?
2. Why are we humans able to rise to the occasion during a crisis?
3. Reread the Tony Robbins quote about the pain of change. Talk about a time when this has been true in your life.
4. Read Luke 9:57-62. What are some reasons people today might (or do) give for not changing their ways to follow Jesus?
5. Talk about a change you've made (or tried to make). How hard was it to just get started?
6. Memorize Galatians 6:9. Discuss 3 situations in your life where this verse can help you make steady progress.
7. Change is hard for most of us. How might Christ's love for you compel you to do the necessary hard things this week?
8. **Prayer for the week:** Lord Jesus, because of you I am a new creation! But the changes that come with being new are sometimes painful. Help me to see myself the way you see me, so I don't allow the inertia of ordinary life to hold me back from your perfect plan for me. Help me trust you when drastic action is needed and give me a joyful spirit during times of steady progress. Thank you for your grace at work in and through me, amen.