

# You Can Change – Chapter 4

## Chapter 4: WHEN do you struggle?

Often the \_\_\_\_\_ of sin in our lives relates to an area of pain and suffering that we have experienced.

God \_\_\_\_\_ and \_\_\_\_\_ about the pain and suffering that we have experienced!

Read Exodus 3:7-8

But not only does God see and care from a distance, but He \_\_\_\_\_ our struggles.

Hebrews 4:15-16...

Not only did He come and experience our struggles in the person of Christ, but He is also \_\_\_\_\_ with us here and now in our struggles through the \_\_\_\_\_.

Read John 14:16-17

God promises to bring our struggles to an \_\_\_\_\_.

Read Revelation 21:4

We can also be encouraged knowing that God \_\_\_\_\_ the pain and suffering that we have experienced for good. (See Romans 8:28-29, Genesis 50:20, and Acts 4:27-28)

Read Romans 5:3-5... James 1:2-4... I Peter 1:6-7

In all 3 passages how are we to respond to suffering and trials? \_\_\_\_\_

Why is it possible for us to rejoice in our suffering and trials? \_\_\_\_\_

**We can also be encouraged knowing that our struggles reveal our \_\_\_\_\_.**

**Read Mark 7:21-23**

My sinful behavior comes from my \_\_\_\_\_.

So, we can be thankful for difficulty as it reveals our \_\_\_\_\_ and the areas where God wants us to grow.

**Read Hebrews 4:12**

Our sin reveals that we are not \_\_\_\_\_ God and not \_\_\_\_\_ God.

So, true and lasting heart change means that we trust God instead of lies (faith)... and that we worship God instead of idols (repentance).

But we must make the \_\_\_\_\_ between our specific sins and the lies and idols in our hearts.

“When do you struggle with the problem you’ve chosen in your change project?

- When do you often do it or feel it?
- What triggers it?
- Are there any patterns?
- What do you think or believe in those moments?
- What do you want or worship in those moments?”

(Page 71)