

SERMON NOTES

March 7 & 8, 2026

Changed: A New Way

1. God created me to _____.

2 Corinthians 5:17 | 1 Timothy 6:12b

2. Straining to change my detrimental life habits will be met with _____.

Genesis 1:2;3:8

3. The first step towards change is to _____ to God.

- Surrender: _____ in my life and handing that space over to someone else.

4. _____ straining to change.

Mark 6:48c

5. Jesus, who is the Great I Am, wants to _____.

Mark 6:48c

Exodus 33:22 | 1 Kings 19:11 | Mark 6:50

6. Jesus _____ to change.

Mark 6:54-55 | Proverbs 3:6

7. I am changed not because I try harder, I am changed because _____ with the Kingdom of God.

Life Steps

Changed: A New Way | March 9-15, 2026

Monday

2 Corinthians 5:17

Reflect: What does it mean to you to be a new creation in Christ? How does knowing that your identity is in Jesus, change the way you see yourself? Identify some of “the old” you that you still need to surrender to God?

Prayer: Name a habit in your life that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Tuesday

1 Timothy 6:12

Reflect: “Thy kingdom come, thy will be done, on earth as it is in heaven.” How does that phrase in the Lord’s Prayer impact your understanding of Paul’s word to Timothy? “Take hold of the eternal life to which you have been called.”

Prayer: Name an attitude in your life that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Wednesday

Mark 6:45-46

Reflect: This is the second time in 6 chapters (Mark 1:35), Mark makes the point that Jesus walked away from the needy crowds to be alone with God and pray. What does this teach us about Jesus? What are the implications for your own life?

Prayer: Name a recurring thought in your life that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Thursday

Mark 6:45-48a

Reflect: Name the habits or character flaws you have been “straining” hard to overcome, but you remain stuck? Describe the impact of “straining” upon your psyche with no, too little progress.

Prayer: Name the default emotion when under pressure that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Friday

Mark 6:45-52

Reflect: When Jesus climbed into the disciples’ boat, the winds receded, but their hearts were still hardened. They didn’t fully grasp who Jesus was. Once again, who is Jesus to you, really? Complete the following sentence as many times as you can. Jesus is _____.

Prayer: Name a mindless rut in your life that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Saturday

Mark 6:53-56

Reflect: Why do you think the disciples, who were close to Jesus, did not fully understand who he was, but the crowds of people did? What prevents you from fully surrendering your entire life to Jesus?

Prayer: Name a late-night practice in your life that needs to change, then pray, “God, I can’t. You can. I think I’ll let you.”

Sunday

Matthew 6:9-13

Reflect: What has been the impact or benefit of praying the Lord’s Prayer every day at 6:09 AM and or 6:09 PM? Which line in this ancient prayer has most affected you and why?

Prayer: Slowly pray the Lord’s Prayer from memory.