



# THE POWER TO CHANGE

## PART 1: THE WHO OF CHANGE

### ICEBREAKERS:

- Fill in the blank. "You might be surprised that I have never \_\_\_\_\_."

### DISCUSSION QUESTIONS:

1. What are the best habits you have established in your life?
2. Talk about a time when you started something with great intentions, but eventually you gave up or simply stopped.
3. Jeremy discussed how our identities & our habits can be linked and gave us a list of Christ-centered identities. What is one or two you need this new year?
  - A new creation (2 Cor. 5:17)
  - A treasured possession (1 Peter 2:9)
  - Not condemned (Romans 8:1)
  - More than conquerors (Romans 8:37)
  - Loved (1 John 3:1)
  - Chosen (Colossians 3:12)
  - Forgiven (Colossians 1:14)
4. Imagine what you want your life to look like in five years. What decisions or habits do you need to start today to have that life in five years?

### NEXT STEPS & PRAYER REQUESTS

- Check out additional resources at [www.crosswindchurch.net/powerchange](http://www.crosswindchurch.net/powerchange)