

# SESSION ONE VIDEO

## A Holy Makeover

*For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.*

TITUS 2:11–12

### ***The Beautiful Evidence, John 11***

After receiving Jesus’s rebuke in Luke 10:38–42, we see a different woman:

1. Martha “sent WORD,” not demands (verse 3).
2. Martha left her duties and ran to meet Jesus (verse 20).
3. Martha declared her faith over her fear (verses 21-22).
4. Martha pointed Mary to Jesus (verse 28).

### ***The High Price of Change***

We know we need the same kind of transformation, so why do we resist it so much?

- We secretly believe that we are FINE the way we are.
- We secretly believe that change is impossible.

### ***The Incredible Power of Grace, Titus 2:11–12 and Philippians 2:13***

Grace is the POWER and the desire to do God’s will.<sup>2</sup> To access it,

1. Receive rebuke and admit your need.
2. Believe that God will do what only HE can do.
3. Be willing to do what only YOU can do.

The same grace that saves us is the same grace that CHANGES us.

# SESSION TWO VIDEO

## A Heart Made New

*And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.*

EZEKIEL 36:26, NLT

### ***Problem of the Heart***

Though we love Jesus, so often our hearts betray us:

- Divided (Psalm 86:11)
- Hardened (Hebrews 3:13, 15)

Good News: Part of the new covenant is a new heart.

### ***Heart Transplant, Ezekiel 36:25–27***

1. A CLEAN heart (verse 25)
2. A DIFFERENT heart (verse 26)
3. An EMPOWERED heart (verse 27)
4. A RESPONSIVE heart (Ezekiel 11:19–20)

“I will take away their stony, stubborn heart and give them a tender, responsive heart, so they will obey my decrees and regulations. Then they will truly be my people, and I will be their God” (Ezekiel 11:19–20, NLT).

# SESSION THREE VIDEO

## Whose Side Are You On?

*For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind.*

ROMANS 7:22–23

### ***There's a War Going On, Romans 7:15–25***

I'm so grateful that Paul put into words the weary wrestling I sometimes feel inside. I believe we are three-part creatures (1 Thessalonians 5:23):

1. Spirit
2. SOUL
3. Body

The Problem: Though Jesus has made us alive in our spirits (2 Corinthians 5:17), there is still a “WAR” in the members of our body (Romans 7:23).

The Promise: “There is therefore now NO condemnation to those who are in Christ Jesus” (Romans 8:1, NKJV).

### ***Overcoming Flesh Woman***

1. FEED your spirit (Colossians 2:6-7).
2. Keep in STEP with the Spirit (Galatians 5:25).
3. Count yourself DEAD to sin (Romans 6:11).

“Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do...But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live” (Romans 8:12 NLT).

# SESSION FOUR VIDEO

## Fault Lines of the Soul

*Have mercy on me, O God...; according to your great compassion blot out my transgressions.*

PSALM 51:1

### ***A Fault Line Exploited, 2 Samuel 11:1–27***

David was a shepherd boy chosen to be king, called by God “a man after my own heart” (Acts 13:22). However, like us, David had fault lines:

1. An apathetic HEART (2 Samuel 11:1)
2. An undisciplined EYE (verse 2)
3. A compromising situation (verse 4)
4. An unexpected consequence (verse 5)
5. A calculated COVER-UP (verses 15, 27)

### ***A Fault Line Exposed, 2 Samuel 12:1–14***

God loves us enough to call us out on our sin.

- Nathan’s rebuke: “You are the man!” (verse 7)
- David’s response: “I have sinned against the LORD” (verse 13).

### ***A Fault Line Healed, Psalm 51:10–12***

When we receive rebuke and repent, God heals our fault lines and uses them as well.

- David’s confessional prayer became a worship SONG.
- God’s viewpoint of David’s life (1 Kings 15:5).

# SESSION FIVE VIDEO

## From Death to Life

*Put to death, therefore, whatever belongs to your earthly nature.*

COLOSSIANS 3:5

### *Living for Christ, Galatians 2:20*

When we surrender our hearts to Jesus, two things are supposed to happen:

- We must DIE...
- ...so that Christ might LIVE.

Living out that truth is the goal of the Christian life.

### *Choosing to Die*

All through his writings, Paul shows us what that needs to look like.

1. Crucify your flesh (Galatians 5:24–25).
2. Receive discipline as a GIFT (Hebrews 12:11).
3. Put to DEATH “the misdeeds of the body” (Romans 8:12–13).

### *Beginning to Live, 2 Corinthians 5:17*

We have to let go of the old so that the new can come!

God’s purpose (2 Corinthians 3:18):

- To make us into the image of His Son
- *metamorphoo*—“change, transfigure, TRANSFORM”

# SESSION SIX VIDEO

## A Disciplined Mind

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you.*

ROMANS 12:2, NLT

### *It's All in Your Head*

You may have suspected it: the battlefield for your soul is waged mostly in your mind.

We need spiritual weapons for a spiritual war (2 Corinthians 10:4–5).

- “take captive every thought...”
- “... make it obedient to CHRIST”

### *Steps to a Disciplined Mind*

1. ACCEPT responsibility for your thought life.
2. Bring your thoughts to GOD (Philippians 4:6–7).
3. Replace LIES with truth (Philippians 4:8).
  - We need to exalt what God THINKS above what we feel.
4. Put on your spiritual armor (Ephesians 6:13–17).

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ”  
(2 Corinthians 10:5).

# SESSION SEVEN VIDEO

## Matters of the Heart

*Keep your heart with all diligence, for out of it spring the issues of life.*

Proverbs 4:23, nkjv

### ***The Center of It All, Proverbs 4:23 (NKJV)***

The Bible points to the “heart” as the center of our being:

- “...out of it spring the ISSUES of life”
- “Keep your heart with all diligence...”

### ***Guarding the Wellspring***

In order to keep our heart’s wellspring clean, we must:

1. Establish CONVICTIONS (1 Corinthians 6:12).
2. Check your ATTITUDE (Matthew 12:34–35).
2. Refuse POLLUTANTS (Galatians 6:7).

Our responsibility: C.A.P.—Put a LID on it!

### ***“Spring” Cleaning***

To maintain a pure heart, we must do regular “spring” cleaning:

- Recognize the sin
- Repent of the sin
- Remove the sin

### ***Streams Flowing, John 7:38–39***

You were meant to be a fountain of Living Water, not a TRASH receptacle.

# SESSION EIGHT VIDEO

## Beauty Secrets

*Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.*

PROVERBS 31:30

### ***“Holy Women of Old” Beauty Secrets, 1 Peter 3:3–6***

- Put your HOPE in God (verse 5).
- Do what is right (verse 6).
- Don't give way to FEAR (verse 6).

### ***Breaking Fear, 2 Timothy 1:7 (NKJV)***

God has not given us a spirit of fear, but a spirit of

1. POWER

2. LOVE

3. Sound mind

### ***A Heart at Rest***

In order to have the “unfading beauty of a gentle and quiet spirit” (1 Peter 3:4):

- Look to Jesus.
- Allow God to DEFINE you.

“Fear not, for I have redeemed you; I have summoned you by name; you are mine”  
(Isaiah 43:1).



# SESSION NINE VIDEO

## Beware the Bitter Root

*Make sure there is no root among you that produces such bitter poison.*

DEUTERONOMY 29:18

### *The Danger of Unforgiveness, Hebrews 12:14–15*

Life is filled with injustice and things that just aren't right; it's hard not to be offended. What we do with those offenses determines the course of our lives.

- Root—*ridzo*—“deeply embedded, established, firmly fixed.”
- Bitterness—*pikria*—“a bitter TASTE; a state of sharp, intense resentment or hate.”

Three things happen when we hold on to the bitter root of resentment (verse 15):

1. It GROWS up  
*phuoo*—“plant just starting to sprout”
2. It causes TROUBLE  
*enochleo*—“to trouble, harass, annoy”
3. It defiles many  
*miaini*—“to spill, to spot, or to stain”

### *Uprooting Bitterness*

- “Make every effort to live in peace with all men and to be holy” (verse 14).
- Don't miss God's GRACE (verse 15).
- Choose a lifestyle of FORGIVENESS (Jeremiah 31:34).

# SESSION TEN VIDEO

## Spiritual Fitness 101

*Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.*

1 TIMOTHY 4:7–8, NKJV

### ***Working Out Our Salvation***

If you haven't noticed, physical fitness requires work. The same is true of spiritual fitness (1 Timothy 4:7–8).

- The STRAIN is the strength.
- Until we master our BODY, we will be its slave.

The Goal: Godly character and conduct (Ephesians 4:22-24).

### ***Paul's Example, 1 Corinthians 9:24–27***

The Method: Strict training

1. RUN to win the prize (verse 24)
2. TRAIN purposefully (verse 26)
3. Master your body (verse 27)

The Prize: A CROWN that will last forever!

“I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness...” (2 Timothy 4:7).

# SESSION ELEVEN VIDEO

## Speech Therapy

*When words are many, sin is not absent, but he who holds his tongue is wise.*

PROVERBS 10:19

### ***Sound Check, James 3:2***

Our goal for this study is to allow God to change us from the inside out. One way to measure transformation is to ask, how do I sound?

CONTROL your words; control your life.

### ***Taming Your Tongue, Ephesians 4:29***

1. We have a CHOICE.

Tongue Tamer: Proverbs 18:21

2. We have a responsibility.

Tongue Tamer: Philippians 2:3–4

3. We have a CALLING.

Tongue Tamer: James 1:26

### ***T.H.I.N.K. Before You Speak***

Is it True? Helpful? Inspiring? Necessary? K IND?

“She opens her mouth with wisdom, and on her tongue is the law of KINDNESS” (Proverbs 31:26, NKJV).

# SESSION TWELVE VIDEO

## Gentle Shepherd

*The LORD is my shepherd; I have all that I need.*

PSALM 23:1, NLT

### ***Our Good Shepherd, John 10:11***

Of all the “I am” names of Jesus, I appreciate that He is our “Good Shepherd.”

This Good Shepherd has our best interests in mind:

1. He PROVIDES (Psalm 23:1-3).
  
2. He PROTECTS (John 10:11-14).
  - Correction is not rejection...it is DIRECTION.
  
3. He LEADS (John 10:3).

### ***How Do We Follow the Leader?***

- Be willing to be LED (Romans 8:14).
  
- Keep in step with the Shepherd (Habakkuk 3:19).

“The Lord God is my Strength, my personal bravery, and my invincible army; He makes my feet like hinds’ feet and will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!” (Habakkuk 3:19, AMP).