

Changing From The Inside Out – part 4 HOW JESUS CHANGES US

3 Things Paralyze Our Potential

Our **fears** about the **future**

Our **regrets** about our **past**

Our **doubts** about our **abilities**

"One day Jesus was teaching (in a home). They had come from nearly every village... even as far away as Jerusalem, to be there. Some men arrived carrying a paraplegic man on a stretcher. They looked for a way to get into the house and set him before Jesus. But when they couldn't find a way in because of the crowd, they went up on the roof, removed some tiles, and let him down in the middle of everyone, right in front of Jesus!" Luke 5:17-19 (Mes)

WHAT WILL HAPPEN IF I ASK JESUS TO CHANGE ME?

1. HE WILL **EASE YOUR FEARS**

"They brought to Jesus a man who was paralyzed and lying on a mat. Then Jesus said to the paralyzed man, "Be encouraged, young man." Matt. 9:2 (NCV)

"Anxiety in your heart weighs you down, but an encouraging word cheers you up." Prov. 12:25 (MLT)

"Give all your worries and cares to God, for He cares about what happens to you." 1 Peter 5:7 (NLT)

"I asked the Lord for help, and He answered me. He freed me from all my anxious fears!" Psalm 34:4 (NCV)

2. HE WILL **ELIMINATE YOUR GUILT**

"Then Jesus said, "Friend, your sins are forgiven." Luke 5:20 (NCV)

HOW DOES JESUS FORGIVE ME?

➤ Jesus forgives me **instantly**

"God is merciful and quick to forgive." Isa. 55:7 (GN)

➤ Jesus forgives me **completely**

"He has forgiven all your sins. He has utterly wiped out the evidence of broken commandments which always hung over our heads, and has completely annulled it by nailing it to the cross!" Col. 2:13-14 (Ph)

➤ Jesus forgives me **freely**

"God says He will accept and acquit us – declare us 'not guilty' — if we trust Jesus Christ to take away our sins...no matter who we are or what we have been like." Rom. 3:22 (LB)

3. HE WILL **ENABLE YOU TO DO THE IMPOSSIBLE**

"Then Jesus turned to the paralyzed man and said, 'Stand up, take your mat, and go on home, because you are healed!' The man jumped up, took the mat, and pushed his way through the stunned onlookers. Then they all praised God. 'We've never seen anything like this before!' they exclaimed." Mark 2:10-12 (NLT)

"Jesus said, 'Without God, it is utterly impossible. But with God everything is possible!'" Mark 10:27 (LB)

- **Turn** to Jesus
- **Believe** Jesus will help you change
- **Do** whatever Jesus tells you.