

THE POWER TO CHANGE

october sermon series

Discussion Guide

Stop the Negative Self Talk

Ephesians 4:21-24 / Pastor Nick Engle / October 25, 2026

Session Overview

This week, in continuing our quest to change, we will discuss the role personal identity plays into our power to change. When we believe the enemy's lies, it hinders our ability to change. Last week, we talked about a spiritual why. This week, pastor Nick talked about a spiritual who. In our groups, we will talk about creating a Christ-centered identity to lead to Christ-honoring habits.

Leader Coaching Sidebar

- Help participants recognize a limiting label. Consider what Scripture says about life in Christ, and choose one practical response.
- The goal is spiritual growth rooted in grace—not positive thinking alone, instant change, or earning God's love through better habits.
- Be careful that you or anyone in the group is not fixing, comparing struggles, or assigning labels to others. Ask permission before offering advice, and remind the group not to repeat personal stories outside the meeting.

Key Scriptures

Read these passages aloud as a group. Split them up between a few people if you'd like.

- Proverbs 23:7
- John 8:44-45
- Luke 21:37
- Luke 22:39
- Ephesians 4:21-24

Start Talking

What did you want to be when you were growing up? How did that affect you when you were a kid and who you are now?

Start Thinking

1. What you think about who you are affects what you do. How has identity affected your choices and habits?
2. This series is not about behavior modification but spiritual transformation. What do you think is the difference between the two?
3. Are you happy with the direction your thoughts are taking you? If not, how might you change your thoughts to change your actions?

Start Sharing

1. What is a lie you believed from the enemy that has affected your habits or ability to change?
2. Who does God say you are? How does your life reflect this truth, and how might living in this truth change your life?
3. Who do you want to become? Who does God want you to become? Do you notice any differences there? Share what you're thinking and feeling with your group.

Start Doing

1. What is a truth you want to shape your identity that will help you in how you want to change?
2. What are practical ways you can remind yourself of this truth in order to fully believe and know it?
3. If you miss a day or fall back into an old habit, how will you begin again without condemning yourself? Who, if anyone, would you like to ask for a supportive check-in?

Start Doing

Be sure to pray for change in the areas the individuals in your group shared.

Father, thank You for creating all of us with a purpose. We know that our identity is in You, but sometimes it's difficult to live in that truth. We ask that You would show us what You think of us. Remind us of our identity in you tell us in scripture, that we are a new creation, God's workmanship, the light of the world, more than a conqueror, a child of the living God, forgiven, and redeemed. Please set us free from the lies that are holding us back so that we can become exactly who You've called us to be. In Jesus' name, amen.