

## Producing Change

*One Life*

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**Bible Text:** Colossians 3:8-10

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### **Capital Baptist Church**

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Welcome to Capital Baptist Church and welcome to our current teaching series entitled, "One Life. Don't waste it."

Please take your Bible and turn with me to Colossians chapter three. And today we are going to begin by looking in verse eight and nine of Colossians chapter three.

As you are turning there, I want to point out that in your program is a study guide of our message for today and hopefully you will reach into your program and pull out your study guide and use it. Also today if you are listening online, I want to welcome you. I thank you for taking the time out of your schedule to listen to this message and you, too, can download the study guide.

Well, today we are going to be continuing our series entitled, "One Life." And we are going to be talking about something very important and that is producing change. If you are you going to maximize your life, if you are going to not waste your life, you are going to have to realize that life is going to involve a series of changes, that you are a work in progress and you are a work that never is a complete, that you are always improving, you are always growing. And that is the way a person who maximizes their life does life.

And today we are going to talk about what that looks like. We are going to unpack this whole idea of producing change.

Now before we do that, let's look at our introduction. Let's really understand the basis of this whole idea of one life, the fact that you only have one life. Think about it this way. In a 70 year lifetime, now we know that some will live less and some will live more, ok, but using that as a benchmark, 70 years, think about this. In 70 years, an average heart beats more than 2.5 billion times. This means that it beats about 100,000 times in one day.

Now to me that is fascinating. I have a hard time getting my mind around 2.5 billion times and I have a hard time getting around 100,000, but at least when I think about 24 hours let's think about that, where you were 24 hours ago. This muscle in the center of your chest has beat 100,000 times. That is incredible. We are miracles of God. Nothing short of that. We are miracles of almighty God. The human heart is just absolutely

incredible. So that is 100,000 times in 24 hours which means 35 million times in a year with every beat. Time will pass on by. You can never regain. Our days are numbered and each one that passes becomes gone forever. You only get one shot at life, only one shot. So here is the deal. Don't waste it. Don't waste your life. You only have one life. You don't have a heartbeat to waste. Make sure every beat beats for significance, beats for a life that will count for eternity.

Now in Psalm 90, I love Psalm 90 verse 12. And every day on Facebook I try to ... I give a birthday greeting. When I do that I always like to include Psalm 90 verse 12. It is a great verse to remember every day and it is especially good to remember on your birthday. And in Psalm 90 verse 12 it says this.

“So teach us to number our days, that we may apply our hearts unto wisdom.”<sup>1</sup>

Now Psalm 90 is unique in that, you know, David wrote most of the Psalms. But here is a Psalm written by Moses. Moses was actually the one that wrote Psalm 90 and it is a prayer. It is written as a prayer. And part of that prayer is this.

“So teach us to number our days, that we may apply our hearts unto wisdom.”<sup>2</sup>

I mean we are told to think about life and to think about how that every day you are given life. And we are to actually number our days. I mean, honestly if we were truly biblical we wouldn't say I am, you know, 13 years old. We would say we are 13 and years old and 28 days or whatever, however that would mean, ok? If we were really numbering our days, because the idea there is to think about your life and to understand the significance of your life and taking every single day and making it count.

Well, when people have that about them it says that we will apply our hearts unto wisdom. We won't want to do foolish things. We will want to do wise things with our life. We will want to apply our hearts unto wisdom.

Now here is what I want us to do. I want us to say this together and I want us to say it as a prayer. I want you to be lifting this up to God. Let me read it one more time and then we are going to pray it together. It says:

“So teach us to number our days, that we may apply our hearts unto wisdom.”<sup>3</sup>

Let us pray.

“So teach us to number our days, that we may apply our hearts unto wisdom.”<sup>4</sup>

May that be our prayer today and every day.

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<sup>1</sup> Psalm 90:12.

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.

This five part series will teach you the five strategies to maximize your life. We have already looked at two of these. The first one was maximizing impact. The second one was thinking big. Today we want to talk about producing change. And then next week we are going to talk about staying focused. And then the final message will be finishing well.

Let's look at Colossians 3:8-10. Here the Bible says this.

But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him.<sup>5</sup>

Now this is an incredible passage of Scripture. It talks about producing life change. Paul here talks about the old and he talks about the new and he puts it in these terms. Put off the old and put on the new. In other words, what are we to be doing? We are to be what? Changing, right, ok? We are to be changing. We are to be in a process of constant change. Now that is called the theological definition that is sanctification. When you ask Jesus Christ to be your Savior and your Lord, ok, and you accept Christ or you are born again... Chuck Colson died yesterday and he was a great man and he wrote a book called *Born Again*. I will never forget reading that book. He wrote a book called *Loving God* which was also a book that had a big impact on my life. And the whole idea of being born again is when you have a relationship with Jesus Christ, when you ask Jesus Christ to be your Savior and your Lord, it is not something mystical. It is something where you make a decision that you are going to be a follower of Jesus Christ. And the Bible says when you do that you are born of the Spirit. In other words God's Spirit gives you the new birth through that relationship with Jesus Christ.

But it doesn't stop there. You then move into a process of what is called sanctification. That is an ongoing process of change where you are putting off the old and you are putting on the new. You are putting off the old and putting on the new. And the Bible teaches us that this is an ongoing process that we are to be moving through in our lives and a person that wants to maximize their life is in a constant state of change.

The Bible says in verse number 10 that we have to be renewed, we have to be made new. And that word literally means an ongoing process. The biggest room in the world is the room for self improvement. All of us can do better and to do better we need to change our lives.

Now Paul says as we put off the old and we put on the new he says this in verse 10.

“And have put on the new man, which is renewed in knowledge after the image of him that created him.”<sup>6</sup>

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<sup>5</sup> Colossians 3:8-10.

<sup>6</sup> Colossians 3:10.

Now who is the image that we are to be like? The image of him is the image of who? Jesus, right? In other words, we are to be made more and more like Jesus Christ. We are to model our lives like him. And the Bible says to do that we have to have certain knowledge, right? We have to have certain knowledge.

And here is what we are going to do today. I am going to give you four things you need to know in order to produce change in your life. It says if you are going to change you have to be renewed in knowledge. I want to give you four things you need to know. I am going to give you some knowledge that you need to know to produce change in you life.

Let's go to page two in your notes and let's unpack this and let's talk about how to produce change in you life. The first thing you need to realize is this. Change is supernatural. The change the Bible is referring to here is a supernatural change. It is a change that God makes in you life. It is a change that God makes in your heart. And 2 Corinthians 5:17 it says this.

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”<sup>7</sup>

Now I want you to circle those two words in Christ. See, the life change happens. What we are talking about today is a supernatural change. And it happens, it occurs in our lives when we go deep with Christ, when we are in Christ. I am not talking about just that decision of salvation, I am talking about that process of sanctification where you are growing and developing in your relationship with him where you are going deep with him. And the Bible says when we are in Christ, when our lives are centered on Christ there is a supernatural change that begins to happen in our lives. And do you know what is going to happen is going to happen from the inside out, not the outside in, it is from the inside out. God begins to work in your life. God begins to move in your life. And all of the sudden you are becoming new.

I love that word behold. In other words, you can see, it, right? Ok? It starts on the inside, but it comes on the outside, right?

“...behold, all things are become new.”<sup>8</sup>

It is supernatural.

Well, here is the first thing in this. Admit that you can't change without God. You have to come to the end of yourself and you have to realize if you are going to produce change in your life that you are going to need God to help you, because it is supernatural.

Here is a process a lot of us face in life. I call it the cycle of sin or the cycle of addiction.

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<sup>7</sup> 2 Corinthians 5:17.

<sup>8</sup> Ibid.

In Proverbs 23 it talks about this cycle of sin or addiction and the context of it is alcohol. And it says in verse 29:

“Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?”<sup>9</sup>

Question, question, question.

“They that tarry long at the wine; they that go to seek mixed wine.”<sup>10</sup>

God says, “Don’t even look at it, much less consume it. Don’t even look at it,” in verse number 31.

But verse 32 is going to bite like a serpent, like a snake. It is going to sting like an adder. Your eyes are going to be hold strange women and the alcohol and pornography a lot of times go hand in hand together. Your eyes are going to behold strange women. Your heart is going to utter perverse things, perverted things.

“Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast.”<sup>11</sup>

A drunk, you know, they stand up, right, ok? All over the place.

“They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake?”<sup>12</sup>

You come off of your drunken stupor and guess what?

“I will see it yet again.”<sup>13</sup>

What sin in your life is causing you lots of pain, lots of problems. What sin in your life is causing you to waste you life? And you go through this cycle of sin, you go through this cycle of addiction and you reap all these problems and these difficulties and these hardships, but guess what? You wake up the next day just to do it again, just to do it again.

Proverbs 26:11 gives you a graphic image of this. It says:

“As a dog returneth to his vomit, so a fool returneth to his folly.”<sup>14</sup>

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<sup>9</sup> Proverbs 23:29.

<sup>10</sup> Proverbs 23:30.

<sup>11</sup> Proverbs 23:34.

<sup>12</sup> Proverbs 23:35.

<sup>13</sup> Ibid.

<sup>14</sup> Proverbs 26:11.

Just like a dog will eat their own vomit, a fool will turn around and eat their own folly again and again and again.

This is called wasting your life right here, ok? And you have to admit that you can't change without God. You have to admit that. You have to come in and say, "You know, it is not about self will. It is not about doing better. It is not about trying harder. It is about saying, you know what? I give up. I can't do it. I can't change without God. I have got to get in Christ."

Admit that you can't change without God, but listen. Know that you can change through God. You can change, but it is going to have to happen through God.

I love Jeremiah 32:27. It says:

"Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?"<sup>15</sup>

Question mark. You know the answer to that question, don't you? No. God is saying:

"Behold, I am the LORD, the God of all flesh."<sup>16</sup>

And you are part of God's all flesh. Ok? You are one of his children, ok? Is there anything too hard for me, God says? There is nothing too hard for God, ok? There is nothing too hard for God. He can help you to change. He can help you to change.

Now one of the verses that help me so much to understand this was Galatians 5:16 where it says this.

"Walk in the Spirit, and ye shall not fulfil the lust of the flesh."<sup>17</sup>

Now this verse is very meaningful to me, because God used this one verse to do a tremendous change in my life. Let me read it again. It says:

"Walk in the Spirit, and ye shall not fulfil the lust of the flesh."<sup>18</sup>

Now walking in the Spirit is when you allow God to control you, to walk in the Spirit. When you accept Christ the Holy Spirit becomes a resident in your life. When you walk in the Spirit he becomes the president of your life. And the Bible says when you learn to come to the end of yourself and you learn that only through God can you change your life, ok, when you learn to walk in the Spirit, you will not fulfill the lust of the flesh. You won't keep doing those things that are causing you to waste your life.

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<sup>15</sup> Jeremiah 32:27.

<sup>16</sup> Ibid.

<sup>17</sup> Galatians 5:16.

<sup>18</sup> Ibid.

Now one of the big things for me that I had to change was an area of tremendous waste and that was I was not taking good care of myself physically, ok, and my health showed it. It was only a few years ago that I weighted 340 pounds. And with that I had high blood pressure, high cholesterol and diabetes. I had diseases in my body because of the fact that I was allowing my flesh to be in control. I made a decision after playing college football that I was never going to exercise in my life. I kept that promise until I was 48 years old. I also made another promise and that was I was going to keep eating like a football player, ok? And so with that lifestyle the Steve lifestyle, the bod for Steve lifestyle, not a program I would recommend to you, ok? The Bod4God Steve lifestyle resulted in 340 pounds. And with that came one disease after another. High blood pressure. You get a pill. You got high cholesterol. You need some more pills. You have got diabetes. More pills, ok? And that was my life. I had no desire or interest in changing, ok? I would seek it, yet again.

And you might say, “Well, how can you be so dumb.”

But I never really thought about turning that area of my life over to God. Ok? I mean, I didn’t think God had any interest in my food, ok? Yes, I would think. Isn’t it amazing, dear God, we thank you for all this fat, salt. We pray you would bless it to our bodies in Jesus’ name. Amen.

Boy, we are dumb, aren’t we? Ok.

What do you think he is going to do with all that stuff, ok? I turned this area of my life over to God. All of the sudden I realized that what I ate mattered to God, because I learned in the Bible it says:

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”<sup>19</sup>

I learned that God was interested in whether I ate. He was interested in what I drank. He was interested in my total life. And I moved from having a bod for Steve to a Bod4God, ok? And I have learned to walk in the Spirit in an area I never thought about like walking in the Spirit when I am at a grocery store, walking in the Spirit when I walk into a restaurant, allowing the Holy Spirit to control me rather than me controlling myself and God helping me in my life in this area. I mean God helped me lose over 100 pounds. Ok? And with that I don’t have those medical conditions anymore. I don’t have the high blood pressure. I don’t have the high cholesterol. I don’t have the diabetes, ok? I learned to walk in the Spirit, but I was wasting my life. I was on the fast track to death.

High blood pressure is a silent killer, ok? High cholesterol clogging up my arteries, ok? My veins. Diabetes. Serious stuff. I was wasting my life, ok? And yet I was seeking it yet again and God helped me to learn to seek after him. And God taught me that change is supernatural. God taught me that I had to have him change, that I needed him to help

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<sup>19</sup> 1 Corinthians 10:31.

me change. How about you? What area of your life do you need to dedicate to God? What area of your life do you need to turn over to God today?

Number two, change is mental. You have got to know it is supernatural. You have got to know that it is mental, meaning it is, listen, it is part of the mind. We looked at this last week, didn't we? We saw a group of people who were living far from God, who were not following the Word of God. They were in a place called Corinth. And they were living, Paul called them you are living like pure men. You are living apart from God. You are... he called them carnal. They weren't committed to Christ, ok? And what he did was he said, "You have got to start thinking big." He says, "You have got to realize, hey, you are going to stand at the judgment seat of Christ and you are going to give an account for your life."

What was he trying to do? Get them to thin, right, right? They weren't thinking right and he jolted them saying, "You have got to realize. You are going to have to stand before God and give an account for your life."

Ephesians for tells us something similar. It says that you put off... here we go again, put off and put on.

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.<sup>20</sup>

So here we go again. Put off the old and what? Put on the new. Put off the old man and put on the new man. And what is in the middle of that? Look at verse 23. Don't miss verse 23.

"And be renewed in the spirit of your mind."<sup>21</sup>

Isn't that interesting? Right at the center of change is the mind. Now let's unpack that a little bit. That is important. Because here is the deal. If you are going to change your life, you have to start with your thinking. You have to be renewed in the Spirit of your mind, because here is how it works. If you want to change your doing, you must first change your thinking. I mean, before I ate three cheeseburgers, all kinds of Duke's mayonnaise and French fries and a big bowl of ice cream, do you know what I did? I thought about it first. Do you know what I thought? Mmm, mmm, good. Ok? That is what I thought, ok?

You know, and what you think is what you do. By the way, what you do is what you feel. So many people are always focused on the feeling part. You are never going to feel good about thinking right and doing right, ok? Do you understand me? Your emotions are never going to change until you think right and then you will do right. {?} feel good about that, ok? You are going to feel good about yourself, ok? You can't change your

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<sup>20</sup> Ephesians 4:22-24.

<sup>21</sup> Ephesians 4:23.



emotions. {?} thinking and changing your doing. And that is what Paul is saying. So change is mental.

A couple of things to think about. Number one, reject negativity every day. Now John 8:44 tells us that our enemy Satan is a liar and that he is going to constantly put in our minds lies. And what we have to learn to do is answer the lies with the truth. Here is a small sampling of negativity and lies and a truth to go along with it, ok? Just to get you started, ok? Just think about what negativity do you have in your life, what lies is the enemy using against you and you need to come up with a biblical response to those lies. Here is a small sampling, ok?

Number one, I can't change. I mean, I have been like this all my life. I have been smoking since I was a teenager and I can't change. That is a lie. Philippians 4:13 says:

“I can do all things through Christ which strengtheneth me.”<sup>22</sup>

That is the truth.

“I can do all things through Christ which strengtheneth me.”<sup>23</sup>

Here is another one. I don't deserve better. I deserve the life I got today, ok? I don't deserve anything better. That is a lie. You deserve a lot better. In Jeremiah 29:11 God says:

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil.”<sup>24</sup>

You do deserve better, ok? You do deserve better.

How about this one? I won't like the way I feel. This is a big one, ok, because, you know, it might not be the best life, but it is your life and it is kind of how you have known life. That is kind of how you have done life. And a lot of times this is like a victim mentality, right? You know, just I am a victim and, you know, life is hard and life is tough and it is not easy. Well, welcome to the club, ok? Do you understand that life is hard for everybody?

You say, “Well, how do you know that?”

Because God said it, ok? That is how I know it. He told me in John 16:33:

“In the world ye shall have tribulation.”<sup>25</sup>

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<sup>22</sup> Philippians 4:13.

<sup>23</sup> Philippians 4:13.

<sup>24</sup> Jeremiah 29:11.

<sup>25</sup> John 16:33

He told me in Job 14 verse one that I won't have but a few days on this earth without trouble. Do you understand that?

You say, "I haven't been in trouble all weekend."

Man, you are going to have a bad day tomorrow. That is all... I am serious. You are going to have a bad day tomorrow.

I mean, you say, "Well, how do you know that?"

Well, because my Bible tells me that, ok? We need the hard times to bring us to our knees. We need our hard times to keep us close to God. Ok? The feeling we should want to have is the fruit of the Spirit which is love and joy and peace.

So how do you renew your mind? How do you keep your mind renewed? Well, the answer is to read the Bible every day. Read something. The more you read, of course, the better, but just read something. If you have only got time for one verse, read one verse. If you got time for five verses, read five verses. If you have got time for a chapter, read a chapter. If you have got time for, you know, three chapters or whatever, the point is this. When you get into your Bible it begins to redirect your thinking.

The Bible says:

"...give attendance to reading, to exhortation, to doctrine."<sup>26</sup>

Ok? This you version thing that is out. I think there is 200... I could be wrong on this, but I am close. It is like 220 different ways to read and study your Bible. What an incredible tool that is available to us in this technological society we live in. Just to be able to craft a plan to follow with all kinds of options, man. You ought to take advantage of that kind of stuff, you know?

Psalm 119 talks about as we get into God's Word and we follow God's Word and we hide it in our hearts, we will not sin against God. Change your mental thinking. Read the Bible every day.

Number three, change is helpful. It is just flat out helpful. You have got to realize that producing change is something very, very helpful. Galatians 6:7-9 says this:

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. And let us not be weary in well doing: for in due season we shall reap, if we faint not.<sup>27</sup>

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<sup>26</sup> 1 Timothy 4:13.

<sup>27</sup> Galatians 6:7-9.

Now this is one important passage of Scripture, ok. This is very important. What it contains is what I think is the most important and powerful law in all the world. This is a law that none of us can escape. Every one of us must embrace this law, because whether we acknowledge or not, we are going to live it. It is called the law of sowing and reaping. It is using a term of what, agriculture, right? Farming. The point is, whatever you sow, you reap, ok? Meaning if you want to have corn, you have got to sow corn. If you want to have strawberries, you have to sow strawberries, right, ok? And the Bible says whatever you sow that is what you are going to reap.

So the point is this. We need to realize that change is helpful when we begin to make these changes that are according to the spirit, ok? According to God. The Bible says if you sow to your flesh you will reap corruption. Isn't that what I did? I ate what I wanted to eat. I never exercised. I just sowed to my flesh and what did I do? I corrupted my body, didn't I? When I began to sow to the spirit I started to reap a different thing. I started to reap life, didn't I? That is true any and all of us in whatever it might be, ok? The decisions we make determine our destiny. For the most part we are where we are either because of the decisions we have made or people have made for us. Ok, we have reaped what we have sown. We are where we are because of the choices that we have made in our past.

So here is the deal. You want to change your life, change your sowing, ok? Begin to sow the right things into your life. Now verse nine is very important because it says:

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”<sup>28</sup>

You say, “What is the purpose of that verse?”

Well, here is the deal. When you begin to change it can be kind of discouraging.

You say, “What do you mean by that?”

Ok, let's use the area of our finances, our money. Let's say we have decided to sow our flesh with our money, ok? And so we go out and we do what we want to do and, man, we think, oh, God, thank you, Lord, for this zero percent card that came in the mail today. This must be of you, Lord. Just thank you for bringing that right to my mailbox. And they say they want to be my friend and want to have a relationship with me and, man, this is awesome, God. And we begin racking up this debt and we start doing all this stuff. And then one day we say, “You know what? This is not good. I want to change my life.” And you start changing, right? But guess what? The next month the bill you racked up in the past came back, ok? And it can become what? Difficult, right? But over time if you don't get tired of doing good, over time you will start reaping a whole different harvest, right? So don't grow weary in well doing for in due season we shall reap if we faint not.

Now what are the things that make change helpful? Back with our page as we begin to wrap up. Number one, decrease your pain. You want to lower the pain level in your life,

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<sup>28</sup> Galatians 6:9.

ok? Make some changes, right? Acts 9:5. Here is Paul, ok, who is our role model, by the way for this series. And Paul said this or God said to Paul:

“And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks.”<sup>29</sup>

What was a prick? I prick was used what like the kind of drive, the herd or whatever. Keep them going in the right direction if they got out of line, you know, prick them. It is hard, isn't it? It is hard. And we have to realize that it is painful, ok, it is painful when you start kicking against the pricks, when you start wanting to do your thing rather than God's thing, right? And if we want to decrease our pain, we ought to quit doing that, right? We ought to quit doing that. Decrease your pain by making good changes in you life.

And then also with that it is beneficial to change in that increases your pleasure. Psalm 16:11 says:

“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”<sup>30</sup>

Isn't that good? In God's presence is the path of life. In God's presence is fullness of joy. In God's presence is pleasure, pleasure forever more. Increase your pleasure by making changes that are good changes.

And then, lastly, change is possible. You got to know it is supernatural. You have got to know that. You have got to know it is mental. You have got to know it is beneficial. But, listen, the last thing is so important. Change is possible. It is possible. Romans 8:31 says:

“What shall we then say to these things? If God be for us, who can be against us?”<sup>31</sup>

Doesn't that pump you up? It pumps me up. Ok? Romans eight. I am telling you. If you need an attitude makeover, you read Romans eight every day. If you had a bad attitude, a stinking attitude, don't look around at anybody right now, please, ok, but if you are like that, or you know somebody like that, you read Romans eight every day. It will change your life. And in Romans eight it says:

“What shall we then say to these things? If God be for us, who can be against us?”<sup>32</sup>

God is for you. Do you understand that? He is for you. Let me talk to you heart to heart for a second. Do you understand how special you are to God? Do you understand. You are not an accident. I want you to think about this. You are here by God's design. God

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<sup>29</sup> Acts 9:5.

<sup>30</sup> Psalms 16:11.

<sup>31</sup> Romans 8:31.

<sup>32</sup> Ibid.

gave you life and he didn't just give you a life like anyone else. He gave you a life that is one of a kind. You are a masterpiece. God shaped you. God formed you. You are a one of a kind. There has never ever been anybody on this earth like you and there will never be anybody on this earth again like you. You are unique. You are different. You are beautiful.

God doesn't want you to waste your life. He is for you. And you have got to realize that. And he wants to help you. He wants to come into your life and he wants to help you to make the changes you need to make in your life. Well, here is the deal. Stop making excuses for why you can't change.

James 4:17 says:

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin.”<sup>33</sup>

What does that say to us? Reject procrastination. Reject it. Just flat out reject procrastination. Just say, “I am no longer going to procrastinate. I am going to get started on my new life. I am going to get started on the changes I need to make in my life. I am going to quit making excuses for my failures. I am going to quit making excuses for my sorry choices I am making in my life. I am not going to grow weary in well doing. I am going to make some good choices. I am going to move forward in my life. I am going to change my life. I am going to change my future changing what I do today.

And then start taking action. Now here is the deal. It is time to get mad. It is time for some righteous anger. I hope today you will leave made. Don't punch anybody out or don't punch any holes in the wall or don't cut anybody off in traffic or don't spill coffee on yourself or anything like that, ok, but I hope you will leave today mad, just flat out mad.

You say, “What do you mean by that?”

Well, there is such a thing as righteous anger. Did you know that? And one of the passages that helped me to change so much was Matthew 21:12, because I knew my body was the temple of God and I knew I was trashing the temple and I was a temple trasher. And one day I was in my Bible and I noticed Matthew 21:12 and here it says:

“And Jesus went into the temple of God.”<sup>34</sup>

Now back in that time before Jesus went to heaven and the Holy Spirit came to live inside of us, this physical building was the temple of God. Ok, this building here is not the temple of God. You are the temple of God. But in that time it was different. And basically what they did was they turned the temple of God into a Walmart. And the Bible tells us and I just love this. Part of the reason I like this, this is my kind of Jesus, ok? I grew up in a church I went to when I was like 10. In every room they had this picture, so-

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<sup>33</sup> James 4:17.

<sup>34</sup> Matthew 21:12.

called picture of Jesus. You have seen it before, the sissy Jesus. You know, he has got hair down to here. He has got these {?} eyes and I am sorry. If I get to heaven and that is what he looks like, I apologize, ok, but I can't relate to that, ok? Here is my Jesus. {?} He starts flipping tables. Now he had some muscles because he was a carpenter. Ok, one passage of the Bible says he could walk 40 miles in one day. He was in shape. {?} He wasn't done. He got the whip out. I would like to have been there for that, wouldn't you? Ok? Jesus holding a whip, ok? He started driving all that stuff out of there. Amen?

What did he do? He got mad. When are you going to get mad? Aren't you sick of pot destroying your life? Aren't you sick of bitterness and porn and hate and alcohol and all those other things, gambling and everything you name it? Aren't you sick of it? Aren't you sick of your health being destroyed because you are not taking care of your wellness? You take better care of your are than your body. You know what car needs, even if you had to pay four bucks for a gallon of gas, you didn't go put coke in your car. Why? Because you know it is going to wreck your car. You know what is going to wreck your body? Sure, you do. But you keep putting that garbage inside of you. When are you going to get mad? It is time to get mad. God doesn't want you wasting your life.

Start taking action today.

Are you producing change? Are you? Only one life, so soon it will pass and only what is done for Christ will last. You only get one shot in life. Don't waste it. Change. Life, a one life mentality is a life where you realize that a series of changes you are constantly making always improving, always doing better. That is what we need to maximize our life.

Let's pray.

*Father, we love you. We thank you so much for this time together.*

With every head bowed and every eye closed. Has there been that time in your life when you asked Christ to come into your life to have that relationship with God? If not, will you do it today? Just pray to him. And just say something like this, "Dear God, I am a sinner in need of a Savior. I believe that Jesus died for me. I believe that he rose from the grave to give me eternal life. Right now I turn from my sin and I put my trust...

A. Decrease your \_\_\_\_\_.

*“And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks.”* Acts 9:5

B. Increase your \_\_\_\_\_.

*“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”* Psalm 16:11

IV. CHANGE IS \_\_\_\_\_

*“What shall we then say to these things? If God be for us, who can be against us?”* Romans 8:31

A. Stop making \_\_\_\_\_.

*“17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.”* James 4:17

B. Start taking \_\_\_\_\_.

*“And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves,”* Matthew 21:12

**Are You Producing Change?**

Only one life so soon it will pass and only what is done for Christ will last.

**ONE LIFE**  
**Producing Change**  
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**INTRODUCTION**

A. In a 70 year lifetime an average heart beats more than 2.5 billion times. This means that it beats about 100,000 times in one day and about 35 million times in a year. With every beat, time will pass on by that you can never regain. Our days are numbered and each one that passes becomes gone forever. You only get one shot at life. Don't waste it!

*“So teach us to number our days, that we may apply our hearts unto wisdom.”* Psalm 90:12

B. This five part series will teach you the five strategies to maximize your life.

April 8	Maximizing Impact
April 15	Thinking Big
TODAY	Producing Change
April 29	Staying Focused
May 6	Finishing Well

C. **Text:** Colossians 3:8-10 (Pew Bible/Page 171/New Test.)

*“Be ye followers of me, even as I also am of Christ.”*  
I Corinthians 11:1

## HOW TO PRODUCE CHANGE

### I. CHANGE IS \_\_\_\_\_

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”*

II Corinthians 5:17

#### A. \_\_\_\_\_ that you can't change without God.

*“29 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?*

*30 They that tarry long at the wine; they that go to seek mixed wine.*

*31 Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.*

*32 At the last it biteth like a serpent, and stingeth like an adder.*

*33 Thine eyes shall behold strange women, and thine heart shall utter perverse things.*

*34 Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast.*

*35 They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.”*

Proverbs 23:29-35

*“11 As a dog returneth to his vomit, so a fool returneth to his folly.”*

Proverbs 26:11

#### B. \_\_\_\_\_ you can change through God.

*“Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?”*

Jeremiah 32:27

*“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”*

Galatians 5:16

### II. CHANGE IS \_\_\_\_\_

*“22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*

*23 And be renewed in the spirit of your mind;*

*24 And that ye put on the new man, which after God is created in righteousness and true holiness.”*

Ephesians 4:22-24

#### A. Reject \_\_\_\_\_ every day:

- “I can't change.”

*“I can do all things through Christ which strengtheneth me.”*

Philippians 4:13

- “I don't deserve better.”

*“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”*

Jeremiah 29:11

- “I won't like the way I feel.”

*“But the fruit of the Spirit is love, joy, peace,...”*

Gal 5:22a

#### B. Read the \_\_\_\_\_ every day.

*“Till I come, give attendance to reading, to exhortation, to doctrine.”*

I Timothy 4:13

*“10 With my whole heart have I sought thee: O let me not wander from thy commandments.*

*11 Thy word have I hid in mine heart, that I might not sin against thee.”*

Psalms 119:10-11

### III. CHANGE IS \_\_\_\_\_

*“7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.*

*8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.*

*9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.”*

Galatians 6:7-9