

SUNDAY MESSAGE NOTES AND INTERACTIVE PDF

Metamorphosis

Seek God with your whole heart and break out of the comfortable mold that holds you back from His purpose.

SERMON TITLE	MINISTER
Metamorphosis	Pastor Jason Gillick
DATE	PRIMARY SCRIPTURE
Sunday, September 13, 2026	Jeremiah 29:11-13 ; Psalm 139:13-18

TOPICS [Purpose](#) | [Seeking God](#) | [Identity in Christ](#) | [Obedience](#) | [Word of God](#)

NOTES

Truth to carry into the week.

01 God has good plans for you; seek Him with your whole heart.

- [Jeremiah 29:11-13](#) connects a future and a hope with calling upon the Lord, praying, and seeking Him wholeheartedly. His heart is good; He is not hiding from you.
- Jesus came to give abundant life, while the thief comes to steal, kill, and destroy. Keep that distinction clear when opposition comes. ([John 10:10](#))
- Knowing God is more than attending a service. Give Him your attention in the Word and in prayer throughout the week. ([John 17:3](#))

God is not against you. He loves you.

STUDY [Jeremiah 29:11-13](#); [John 10:10](#); [John 17:3](#)

02 Break out of the comfortable mold and yield to God's purpose.

- God formed you with care and purpose; your life is not aimless or accidental. What He designed is worth stepping into. ([Psalm 139:13-16](#))
- The butterfly picture shows a change that must be lived out. A familiar mold can feel comfortable while keeping you from stretching into what God has called you to do.

- Seek the Lord before running after a plan simply because it sounds good. Your relationship with Him comes first. ([Jeremiah 29:12-13](#))
- Inner change must become a willing response. Do not dismiss the next step because you think it is too late or because your life has not developed as quickly as you hoped. Keep seeking the One who knows your days. ([Psalm 139:16](#))

There's a metamorphosis happening on the inside.

STUDY [Psalm 139:13-16](#); [Jeremiah 29:12-13](#)

03 Let God's Word answer self-doubt and shame.

- [Psalm 139:14-18](#) describes marvelous workmanship and precious thoughts too numerous to count. Let that truth govern the way you see yourself.
- Repentance is followed by receiving God's forgiveness. Do not continue carrying shame over sin that He has removed. ([Psalm 103:12](#))
- Your past struggles do not decide what God can do through a life yielded to Him. Trust His heart and keep seeking His purpose. ([Psalm 139:13-18](#))
- The Father's thoughts are not a small handful of favorable ideas. [Psalm 139:17-18](#) compares their number to the sand; return to that picture when discouragement tells you that nobody cares.

Whatever self-doubt that you have about yourself, let the truth of God's Word destroy the lies of the enemy.

STUDY [Psalm 139:13-18](#); [Psalm 103:12](#)

04 Let His presence strengthen you to shine Jesus in everyday life.

- God's purpose is not limited to a pulpit or a trip overseas. Knowing Him is the foundation of a life that carries His love into ordinary places. ([John 17:3](#))
- The lunchroom, workplace, and everyday conversation can become places where someone hears truth and encounters God's love. The job itself is not what gives the life its purpose; belonging to Christ does.
- Keep receiving life from Jesus rather than treating a touch from God as the end of the journey. His abundant life strengthens you to move forward and serve the people around you. ([John 10:10](#))
- Faithfulness begins with saying yes to the Lord where you are. Remain open when He calls you to stretch, change direction, or take a further step. ([Jeremiah 29:12-13](#))

Whatever it is you shine Jesus.

STUDY [John 17:3](#); [John 10:10](#); [Jeremiah 29:12-13](#)

05 Refuse the distractions that would pull you away from God's will.

- In [Luke 4:1-13](#), Jesus faced temptation without surrendering His worship or obedience. He answered the devil with what was written.
- A suggestion may sound caring and still oppose God's purpose. Peter resisted the path to the cross, but Jesus would not turn aside. ([Matthew 16:21-23](#))
- Following Jesus includes denying yourself and taking up your cross. Gaining the world cannot make up for losing your soul. ([Matthew 16:24-27](#))

There is a plan for you that may seem good but my question is it God?

STUDY [Luke 4:1-13](#); [Matthew 16:21-27](#)

06 Keep godly counsel around you as you walk out His plan.

- Do not let discouragement drive you into isolation. Seek people who will pray with you and agree with God's love and purpose for your life.
- [Proverbs 11:14](#) and [Proverbs 15:22](#) show the safety of counsel and the value of plans established with wise counselors.
- Wise counsel strengthens you for the battle. Choose people who know the Word, pray, and help you stay accountable to the Lord. ([Proverbs 24:5-6](#))
- Counsel is not permission to replace God's direction with everyone's opinions. It is help from spiritual people who will pray, sharpen you, and encourage obedience rather than fear. ([Proverbs 24:5-6](#))

To fulfill God's plan for your life you need to keep people around you.

STUDY [Proverbs 11:14](#); [Proverbs 15:22](#); [Proverbs 24:5-6](#)

SCRIPTURE INDEX - NKJV

Read the Word in context.

[Jeremiah 29:11-13](#)

[Psalm 139:13-18](#)

[John 10:10](#)

[John 17:3](#)

[Psalm 103:12](#)

[Luke 4:1-13](#)

[Matthew 16:21-27](#)

[Proverbs 11:14](#)

[Proverbs 15:22](#)

[Proverbs 24:5-6](#)

How will you answer God's call?

Where have you settled into a comfortable mold instead of following what God has put in your heart?

Which truth from Psalm 139 will you use to answer a lie about your value or purpose?

What distraction or tempting shortcut do you need to refuse as you follow Jesus?

Who will you ask to pray with you and help you stay accountable to God's purpose this week?
