

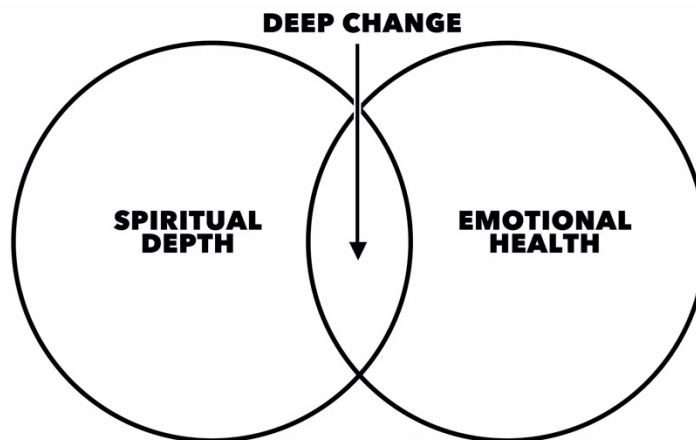


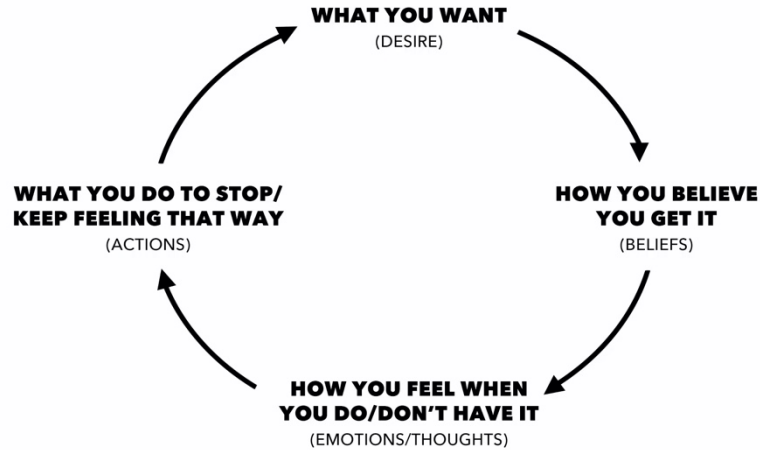
TIME FOR A CHANGE: Change Your Habits

January 29, 2023 | Pastor Kirk Walters
Mount Paran North

¹⁴ So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin. ¹⁵ I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. ¹⁶ But if I know that what I am doing is wrong, this shows that I agree that the law is good. ¹⁷ So I am not the one doing wrong; it is sin living in me that does it. ¹⁸ And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ²⁰ But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. ²¹ I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. ²² I love God's law with all my heart. ²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

Romans 7:14-25 NLT





Jesus gives me a relationship with God, but my actions are what makes me feel close to God.

Spiritual Disciplines are any activity that makes me more capable of receiving more of God's life and power.

³⁶ Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." ³⁷ He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. ³⁸ He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." ³⁹ He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." ⁴⁰ Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour?" ⁴¹ Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"
Matthew 26:36-41 NLT

⁵¹ But one of the men with Jesus pulled out his sword and struck the high priest's slave, slashing off his ear. ⁵² "Put away your sword," Jesus told him. "Those who use the sword will die by the sword." ⁵³ Don't you realize that I could ask my Father for thousands of angels to protect us, and he would send them instantly? ⁵⁴ But if I did, how would the Scriptures be fulfilled that describe what must happen now?"
Matthew 26:51-54 NLT

"But this is all happening to fulfill the words of the prophets as recorded in the Scriptures." At that point, all the disciples deserted him and fled.
Matthew 26:56 NLT

If we want to act like Jesus did, we must do what Jesus did.

²⁸ And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" ²⁹ So He said to them, "This kind can come out by nothing but prayer and fasting."

Mark 9:28-29 NKJV

Grace saves you, but it doesn't make decisions for you.

Disciplines of Abstinence and **Disciplines of Engagement.**

Disciplines of Abstinence

Solitude

Silence

Fasting

Frugality

Chastity

Secrecy

Sacrifice

Disciplines of Engagement

Study

Worship

Celebration

Service

Prayer

Fellowship

Confession

Two things to remember:

1. Spiritual Disciplines are learned not earned.
2. You will get better