

**Cutting A New Path  
Building a Better You  
(Volume 2, Part 1)  
(Face Your Habits)**

**Date:** January 26-27, 2019

**Text:** Galatians 5:16-6:10 (NKJV)

**Big Question:** How will your bad habits stop you from having a better life?

**Side Question:** Can you honestly list your good and bad habits?

**Statement:** My **habits are prophetic predictors** of my future life outcomes. They are like construction crews building roadways for my future. The name of these roads will describe my life choices like, **Everything Hurts Highway**, **Better Me Parkway**, **Divorced Again Bypass**, **Always Will Be Broke Lane**, or **Unbelievable Future Roadway**. If I keep up the same habits and lifestyle choices, these are the roads I will create and ride on for the rest of my life. **The only way to change this is to change my habits**, while I still have time.

- If I live long enough, I will see people I love run out of time because they refuse to change their habits. This will be tough to watch emotionally. The big question is will I run out of time to change my habits and cut a new path and build a better life for myself.

**I. How to Deal with Your Bad Habits  
(Develop a Plan)**

(Galatians 5:16–6:10, NKJV)

**1. Walk In The Spirit** (Walk: Greek word, *pēripateō*, to be a devoted follower)

- 16 I say then: **Walk in the Spirit**, and you shall not fulfill the **lust** of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. 18 But if you are led by the Spirit, you are not under the law.

**2. Identify Your Potential Bad Habits** (If you follow the flesh you will develop bad habits)

- 19 Now **the works of the flesh** are evident, which are: adultery, fornication, uncleanness, lewdness 20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things **will not inherit the kingdom of God**.

**Note:** People with bad habits never fully experience the kingdom or rulership of God in their lives.

**II. The Results of Maintaining Good Habits  
(You will have better Results)**

- 22 But **the fruit of the Spirit** is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law. 24 And those who are Christ's **have crucified the flesh with its passions and desires**. 25 If we live in the Spirit, let us also walk in the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

**Note:** You can have a passion and a desire that is not good for you.

### III. How to Deal with The Bad Habits of Others

(Galatians 6:1–10, NKJV)

- 6:1 Brethren, if a man is **overtaken** in any trespass, you who are spiritual **restore such a one** in a spirit of gentleness, considering yourself lest you also be tempted. 2 Bear one another's burdens, and so fulfill the law of Christ. 3 For if anyone thinks himself to be something, when he is nothing, he deceives himself. 4 But **let each one examine his own work**, and then he will have rejoicing in himself alone, and not in another. 5 For each one shall bear his own load.
1. See them as **overtaken** (v1)
  2. See yourself as a **restorer** not a critic (v1-2)
  3. See the importance of **examining yourself** while helping others (v3-5)

**Question:** What are some habits that can change your life?

### IV. Three Great Habits That Can Change Your Life

(Galatians 6:6-10)

- 6:6 Let him who is taught the word **share in all good things** with him who teaches. 7 Do not be deceived, God is not mocked; for **whatever a man sows**, that he will also reap. 8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. 9 And **let us not grow weary** while doing good, for in due season we shall reap if we do not lose heart. 10 Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith
1. Develop the habit of **sharing** and not just receiving (e.g. support those who teach you, v6)
  2. Develop the habit of **investing** in what you want to happen in your life (e.g. sowing and reaping, v7)
  3. Develop the habit of **refusing** to be weary while doing good (“we shall reap if we don't faint, v9-10)

**Next Time: I want to talk about lying, trying and completing**

**The Habit of Lying:** This is the painful story of how two people, Ananias and Sapphira, received and lied about sharing (Acts 5)

**The Habit of Trying:** This is a powerful story about Zacchaeus who invested in what he wanted for his future (Luke 19:1-10)

**The Habit of Completing:** This is a powerful story of Paul who refused to quit until he finished (2 Timothy 4:7-8)

**Question for our church:** Are we finished?

**Question for you:** Are you finished living?