



RESET

PENINSULACITYCHURCH



Habits:

We love to do the same things,
in the same places,
in the same ways,
with the same people,
And at the same times.
We are people of habit.

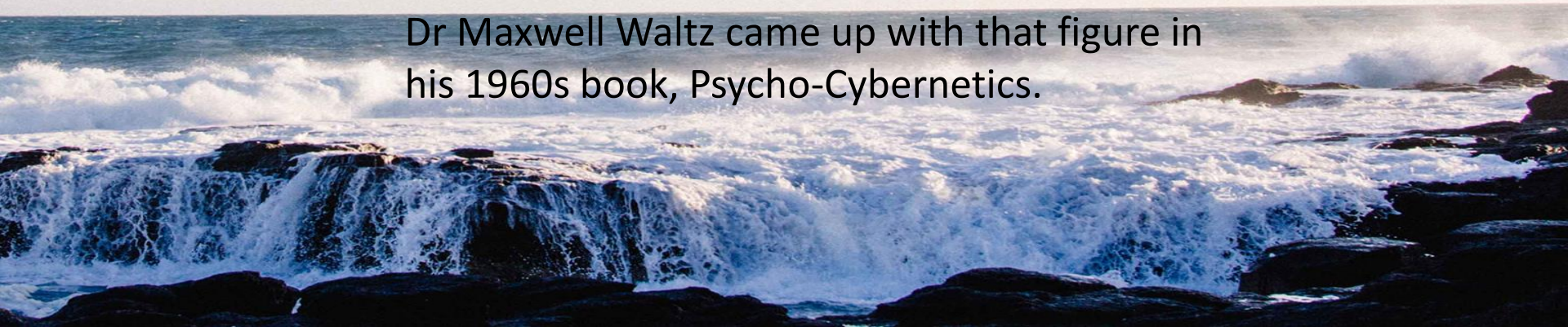


Habits:

It takes 28 days to create a habit right?

Wrong.

Dr Maxwell Waltz came up with that figure in his 1960s book, Psycho-Cybernetics.



What is a habit?

A usual way of behaving: something that a person does often in a regular and repeated way.

Merriam-Webster Definition



An Overview:

-We have received the GIFT of grace and have been made righteous through Christ.

-We are still being transformed into Christlikeness.

-What does this mean for our habits?



The Human Condition (Sin):

As the scriptures say, “no one is righteous - not even one.”

...For all have sinned and fall short of the glory of God

Romans 3:10, 24



The Human Condition (Sin):

When we were controlled by our old nature, sinful desires were at work within us, and the law aroused these evil desires that produced a harvest of sinful deeds, resulting in death.

Romans 7:5



The Human Condition (Sin):

But the wicked are like the troubled sea,
when it cannot rest, whose **waters cast up
mire and dirt.**

There is no peace, says God, for the wicked.

Isaiah 57:20-21(NKJV)



Our Natural Response:

Try with all our strength to be better people.
Use all our will power to stop whatever it is
that nags at our conscience.
Colossians 2 describes it as a touch not, taste
not, handle not mentality.



Our Natural Response:

This response may even make us appear outwardly good and decent.

But lurking beneath the surface...



Jesus Tells It Straight!

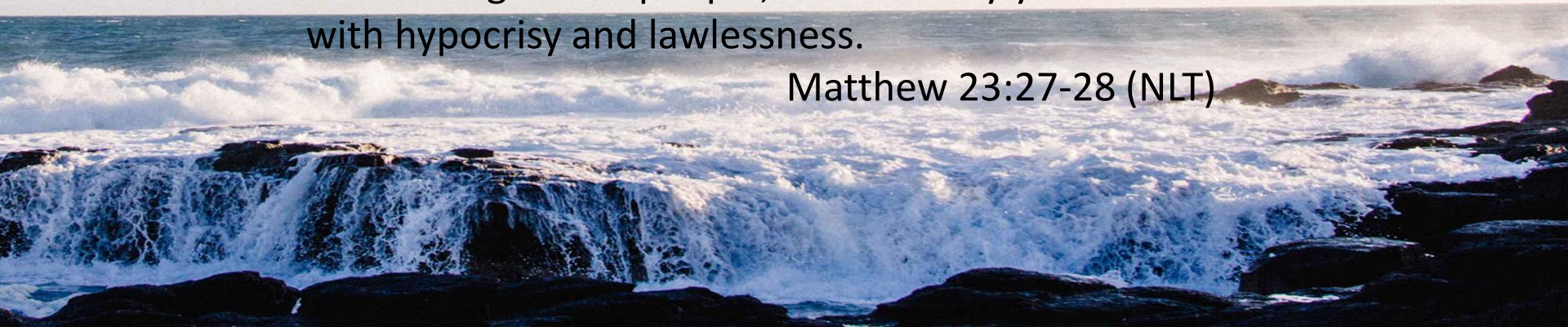
“What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are so careful to clean the outside of the cup and the dish, but inside you are filthy—full of greed and self-indulgence! You blind Pharisee! First wash the inside of the cup and the dish, and then the outside will become clean, too...

Matthew 23:25-26 (NLT)

Jesus Tells It Straight!

“What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are like whitewashed tombs—beautiful on the outside but filled on the inside with dead people’s bones and all sorts of impurity. 28 Outwardly you look like righteous people, but inwardly your hearts are filled with hypocrisy and lawlessness.

Matthew 23:27-28 (NLT)



The Gift That Changes Everything, Grace:

For the sin of this one man, Adam, caused death to rule over many.

But even greater is God's wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.

Romans 5:17

The Gift That Changes Everything, Grace:

So, my dear brothers and sisters, this is the point: You died to the power of the law when you died with Christ. And now you are united with the one who was raised from the dead. As a result, we can *produce a harvest of good deeds for God.*

Romans 5:4

Grace Is Free, But Not Cheap!

The moment we grasp this breathtaking insight (gift of grace), we are in danger on an error in the opposite direction. We are tempted to believe that there is nothing we can do.

Is it not logical to conclude that we must wait for God to come and transform us?

The answer is no!

-Richard Foster, Celebration of Discipline, p8.

Grace Is Free, But Not Cheap:

Grace is unearned and unearnable.

However, if we want to grow in it, we must pay the price of a consciously chosen course of action which leads to spiritual growth.

-Dietrich Bonhoeffer, Cost of Discipleship



Grace Is Free, But Not Cheap:

A man reaps what he sows. 8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. 9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:8-10

Let's Take a Breath:

Sin.

Works.

Grace.

Transformation from the inside out.



Our Old Condition:

But the wicked are like the troubled sea,
when it cannot rest, whose waters cast up
mire and dirt.

There is no peace, says God, for the wicked.

Isaiah 57:20-21(NKJV)



Our New Condition:

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23



What Habits Do You Need to Grow?

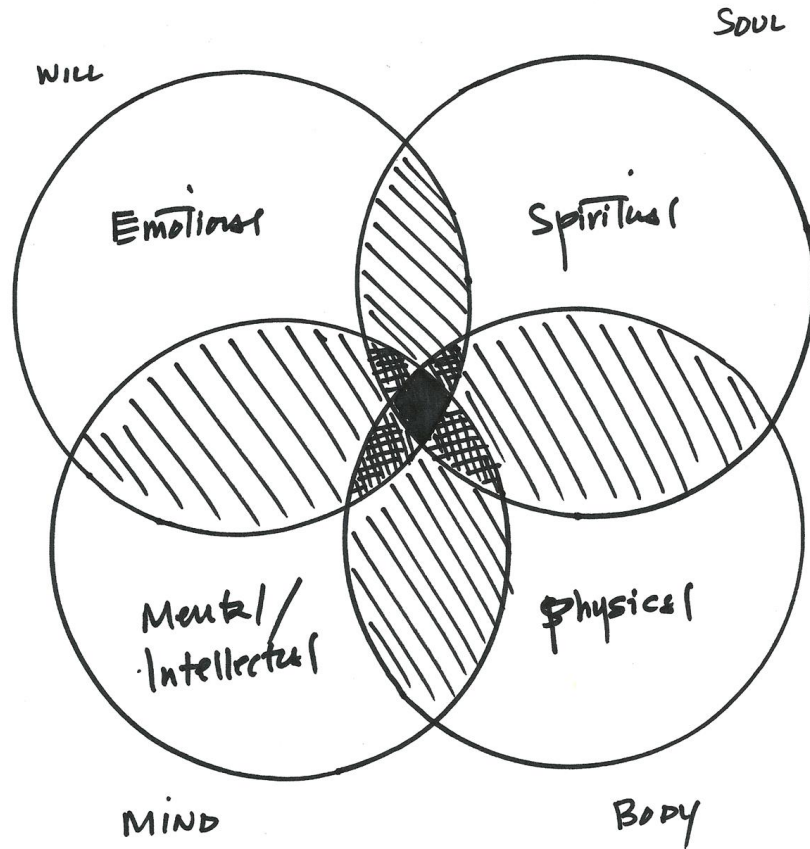
- Daily time reading scripture?
- Daily time of prayer?
- Regular and sincere fellowship?
- Utilising Your spiritual gifts?
- Looking after yourself?
- Being generous?
- Regular confession to someone you trust?

What Habits Do You Need to Reset?

- Speaking badly of yourself or others?
- Greed?
- Envy?
- Idleness (wasting time)?
- Lust?



HEALTHY LIVING



RESET
PENINSULACITYCHURCH



For the grace of God has been revealed, bringing salvation to all people.

And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God, while we look forward with hope to that wonderful day when the glory of our great God and Saviour, Jesus Christ, will be revealed.

Titus 2:11-13