

EMPTYING AND FILLING YOUR LIFE WITHOUT DISASTER



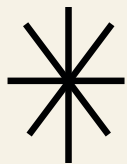
Matthew 12:43-45

WHAT HAS BEEN EMPTIED NEEDS TO BE FILLED

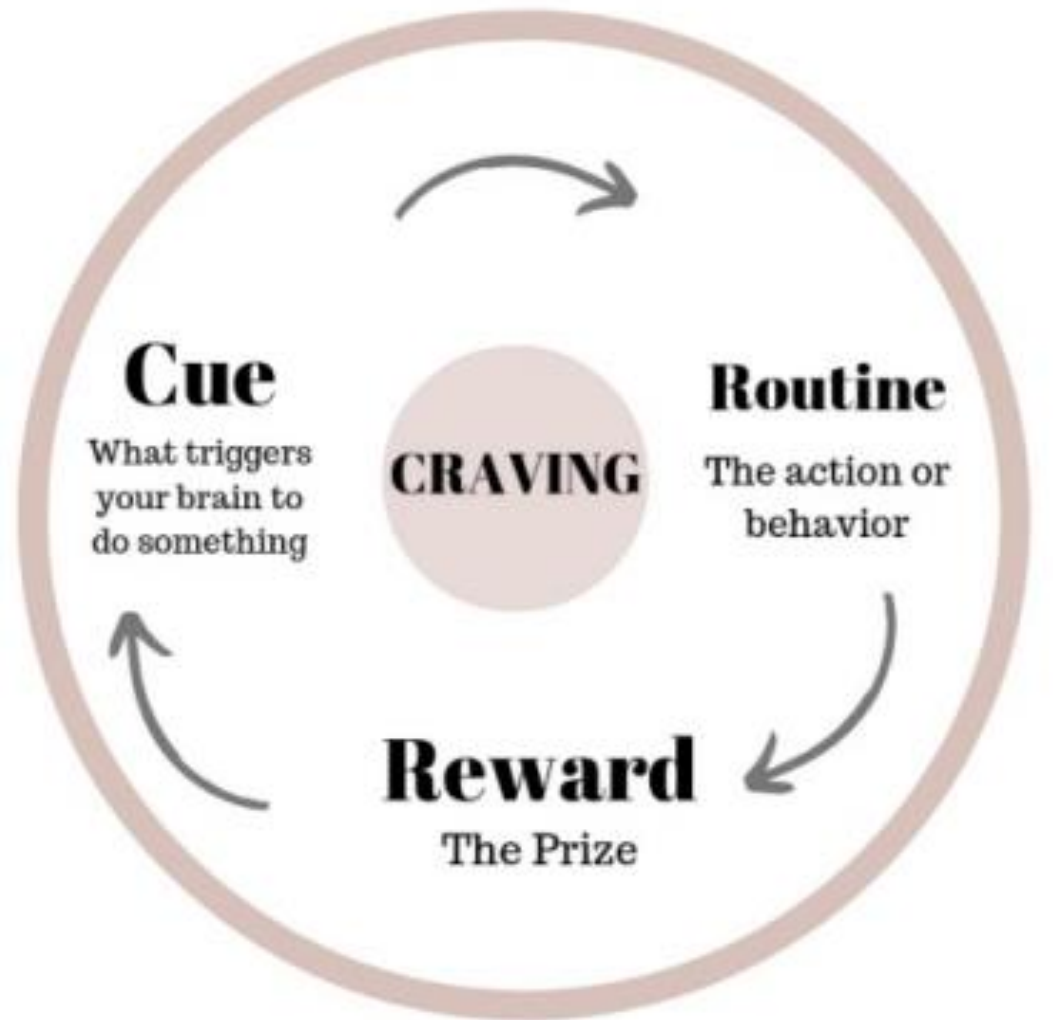
Staying empty “white knuckling” leads to disaster

The rebound of staying empty is worse than the first thing.

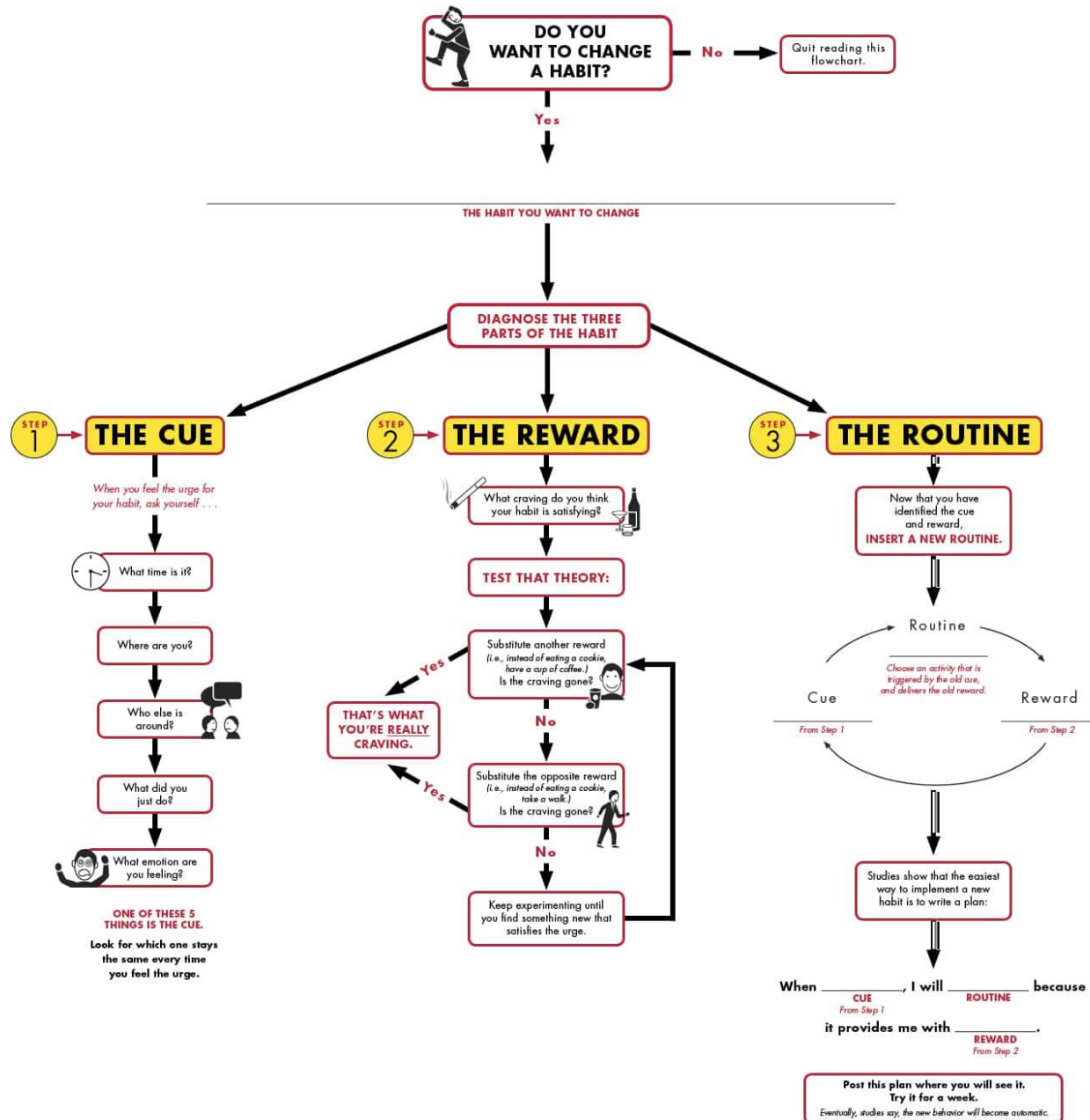
BRAIN
SCIENCE
AGREES
WITH
THE
BIBLE...



The Habit Loop



HOW TO CHANGE A HABIT



STEP
1

THE CUE

*When you feel the urge for
your habit, ask yourself . . .*



What time is it?

Where are you?

Who else is
around?



What did you
just do?



What emotion are
you feeling?

**ONE OF THESE 5
THINGS IS THE CUE.**

**Look for which one stays
the same every time
you feel the urge.**



STEP
2

THE REWARD

What craving do you think
your habit is satisfying?

TEST THAT THEORY:

Substitute another reward
(i.e., instead of eating a cookie,
have a cup of coffee.)
Is the craving gone?

THAT'S WHAT
YOU'RE REALLY
CRAVING.

Substitute the opposite reward
(i.e., instead of eating a cookie,
take a walk.)
Is the craving gone?

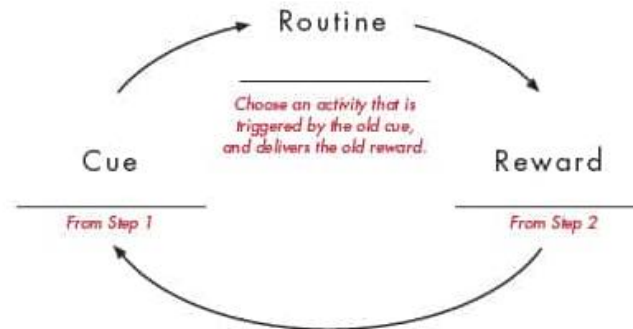
Keep experimenting until
you find something new that
satisfies the urge.



STEP
3

THE ROUTINE

Now that you have
identified the cue
and reward,
INSERT A NEW ROUTINE.



Studies show that the easiest
way to implement a new
habit is to write a plan:

When _____, I will _____ because
CUE **ROUTINE**
From Step 1
it provides me with _____.
REWARD
From Step 2

Post this plan where you will see it.
Try it for a week.

Eventually, studies say, the new behavior will become automatic.



THE NEW TESTAMENT IS FILLED WITH REPLACEMENT CONCEPTS AND LANGUAGE

In the Bible, instead of replacing everyday habits, we are called to replace sinful attitudes and actions.

Replacing a sinful behavior, attitude, or way of thinking with a righteous behavior, attitude, or way of thinking.



Passage	Transformation Language	Put Off / Stop Doing	Put On / Start Doing
Ephesians 4:17-32	Put off the old self; put on the new self; renewed in the spirit of your minds	Futility, darkened understanding, lying, sinful anger, stealing, corrupt speech, bitterness, wrath, clamor, slander, malice	Truth, righteous anger without sin, honest work, generosity, edifying speech, kindness, compassion, forgiveness
Galatians 5:13-26	Walk by the Spirit; keep in step with the Spirit; crucify the flesh	Works of the flesh: immorality, impurity, idolatry, jealousy, fits of anger, selfish ambition, drunkenness, etc.	Love through service; fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control
Colossians 3:1-17	Seek things above; put to death; put away; put on; let Christ's peace rule; let the Word dwell richly	Sexual immorality, impurity, passion, evil desire, greed, anger, wrath, malice, slander, obscene talk, lying	Compassion, kindness, humility, gentleness, patience, forgiveness, love, peace, thankfulness, worship, wisdom

THE DANGER OF MAKING SPIRITUAL TRANSFORMATION A FORMULA

- Mistaking personal discipline for spiritual superiority

THE PROGRESSION OF “THIS GENERATION”

Matt 11:16–19

Formulaic religion
gives us the false
sense of control

If we do this than
God will do that

If I complete this list,
it make me holy

Matt 11:20–24

If you have
completed the
formula, you risk
thinking repentance
is beneath you

Even Jesus’ “mighty
works” did not say
them to repent

Those at the top of a
formulaic religion
have too much to
risk to repent

Matt 11:25–30

Two contrasts:

Truth is hidden from
the wise and given to
children

The way of Jesus
offers rest where the
evil spirit found no
rest

- Matt 23:24 – The scribes and pharisees “tie up heavy burdens” for other to bear

THE PROGRESSION OF “THIS GENERATION”

Matt 12:1-8

Pharisees are worried about *food laws* but *not about mercy*

Matt 12:9-14

Jesus *performs a miracle* on the Sabbath and the pharisees *seek to destroy Him*

Matt 12:22-32

Jesus *casts out a demon*, and the pharisees *say it was by the power of the Devil*

Matt 12:38-42

Jesus says they are so blind already that *a sign wont matter*

Jesus links them with the “evil and adulterous generation”

The danger of a self-ordered life is that it produces the opposite fruit from the fruit of the Spirit.

Example Gal 5:16-26

The fruit of a life relying on the Holy Spirit is:

Love, joy, peace,
patience, kindness,
goodness, gentleness,
self-control

A self-transformed life produces: pride, conceit, envy, jealousy, arrogance

**I will live reminded that I can't
save myself (Christ's work)**

**I will live dependent on the Holy
Spirit (working in me)**