



Exchanging Old Habits for New

Introduction: In science there is a principle of displacement which suggests that if you want to fill an already full glass of liquid with a different liquid, you must displace the first by the second. When the container is a fixed size, you can't get any more liquid in until you remove what is already present. It is the same with spirituality. To fill ourselves up with spirituality we must first remove all carnality. Just like light and darkness, the two cannot occupy the same space. If we merely try to remove the carnality and do not then fill the void with something good, carnality will return and, quite possibly, in a greater form. READ and discuss Matthew 12.43-45. This lesson will help us address

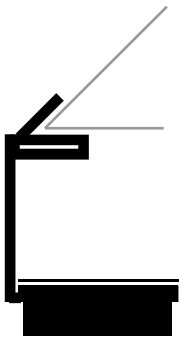
some of the good habits we can use to replace bad habits we may already have. As my choral teacher used to say "if you learn the wrong note, practice will not make perfect but practice make permanent!" He was so right! And so it is with the spiritual habits we should implant into our daily lives. We will greatly benefit by the things we learn to do and our maturity will "sneak up" on us because we have disciplined ourselves to simply do our duty. And as we have discussed previously, we can't always wait until we feel like doing something before we do it because God intends that our feelings follow our actions "You know these things, happy are you if you do them!" John 13.17

GOOD HABITS TO REPLACE THE BAD

Get into the habit of...

- 1) **ATTENDING** the classes, services and get togethers.
- 2) **GIVING THANKS** for every meal regardless of who is present
- 3) **DAILY PERSONAL PRAYER** to keep connection to God
- 4) **DAILY BIBLE STUDY** in a quiet place so you can concentrate
- 5) **FAMILY DEVOTIONS** when possible

By increasing your activity you will increase your commitment to Truth.



📖 Read Gal. 5.19-26 the complete the following lists:

📖 Lookup these passages:

the WORKS of THE FLESH

According to Colossian 3.5-9
what should we **PUT OFF?**

the FRUIT of THE SPIRIT

According to Colossians 3.10-14
what should we **PUT ON?**

🗨 Discuss how each of these works of the flesh could be replaced with other activities which would then produce in us the Fruit of the Spirit.