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Have you responded to follow Jesus?  
Let us know! Email [mike@faithwesleyanchurch.com](mailto:mike@faithwesleyanchurch.com)  
We want to celebrate and walk alongside you as you live out your  
faith in Him!

New Habits: 5/11/2025

A) **Muddy Ruts** - Ephesians 4:17-19

<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. <sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

- Muddy ruts = \_\_\_\_\_
- 2) “Behind every sin is a \_\_\_\_\_ given desire.” – Michael John Cusick
- 3) Bad Habits in verses 25-31
  - Lying
  - Rage
  - Stealing
  - Laziness
  - Selfishness
  - Degrading speech
  - \_\_\_\_\_
  - Fighting for the joy of inflicting pain
  - Speaking about people to destroy them
  - Causing intentional injury and pain to others

4) Paul's Challenge

<sup>20</sup> That, however, is not the way of life you learned <sup>21</sup> when you heard about Christ and were taught in him in accordance with

the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

5) Sin habits will be the death of you.

6) Jesus gave you a

\_\_\_\_\_.

## B) \_\_\_\_\_ Ruts – Ephesians 4:20-24

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1) New Habits are like Roman Aqueducts, they are a \_\_\_\_\_ that brings goodness to the world.

- So what does it take to form a new habit?

## C) \_\_\_\_\_ Habits

1) You cannot change on your own strength, you need the transformational power of

\_\_\_\_\_.

2) Goals are the \_\_\_\_\_ you are trying to hit

3) Habits are the \_\_\_\_\_ to life change

Your body begins to move along the pathway of a habit even before you've

\_\_\_\_\_ to do it!

Ephesians 4:23-24

<sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

## D) Spiritual Habits

1) New Habits, built on spiritual truths, become

\_\_\_\_\_ pathways for the Holy Spirit to flow through you and for you to

\_\_\_\_\_ to earth.

- Must be a \_\_\_\_\_ between you and God

“Without God, we cannot. Without us, God will not.” — Quote by Saint Augustine

Ephesians 4:29

“<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

## E) Practical Steps

1) Read Scripture, Memorize Scripture

2) Ask the Holy Spirit to convict you

3) Ask a Friend to identify one habit that should change in you