


HOW TO MAKE YOUR LIFE TOUGHER!



In Just 3 Easy Steps!

The Question Of The Day:

“Do you want your life to be easier...
...or better? You can’t have both.
Which is more important to you?”




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The 3 Steps To A Tougher Life...

(drum roll please...)

1. Fight Your Weaknesses
2. Practice The Spiritual Disciplines
3. Live Graciously With Others



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Fight Your Weaknesses!

- All of our weaknesses, faults & addictions are a result of our sinful nature apart from Christ. (Rom.3:23)
- Identify Your Weaknesses:

Workaholism	Perfectionism	People-Pleasing	Controlling
Anger	Lying	Negativity	Insecurity
Arrogance	Laziness	Alcohol	Money
Food	Gambling	Pornography	Drugs




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The 7 Deadly Sins:

- Pope Gregory (d.604 AD) listed 7 deadly sins, officially separating *venial* from *mortal* sins. He listed “Sadness” which was later replaced with “Sloth” to make the lists we commonly see today:

Pride	Envy	Anger	Avarice
Sloth	Gluttony	Lust	




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Scripture’s “Deadly Sins”:

- The Bible has several lists of sins which grieve God, and naturally flow from our sinful nature: (Ex.20:1-17)

Putting “gods” before Yahweh	Idolizing Anything Besides God	Misusing God’s “Name”	Abandoning The Sabbath Day
Dishonoring Our Parents	Committing Murder	Committing Adultery	Stealing
Lying		Coveting Our Neighbor’s Things	




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Scripture's "Deadly Sins":

- Another of the biblical lists of sins: (Pr.6:16-19)

Haughty Eyes	A Lying Tongue	Hands That Shed Innocent Blood	Hearts That Device Wicked Plots
Feet That Run To Mischief	A Deceitful Witness That Lies	One That Sows Discord	---




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Scripture's "Deadly Sins":

- One additional list of sins: (Gal.5:19-21)

Sexual Immorality	Impurity	Debauchery	Idolatry
Witchcraft	Hatred	Discord	Jealousy
Fits of Rage	Selfish Ambition	Dissensions	Factions
Envy	Drunkenness	Orgies	---



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Fight Weakness With Strength!

- Immediately following this last list, the Apostle Paul gives us a list of godly virtues: (Gal.5:22-25)

Love	Joy	Peace
Patience	Kindness	Goodness
Faithfulness	Gentleness	Self-Control


- These virtues result from God's Spirit overcoming our sinful nature and living through us!



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Let's Be Very Clear...

It is not ok to tolerate our sins once we've identified them!




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Practice The Spiritual Disciplines!

- Spiritual Disciplines are the acts of obedience and devotion that we can offer up to honor God.
- Richard Foster, in "Celebration Of Discipline", lists 12 primary Christian disciplines:


Meditation	Prayer	Fasting	Study
Simplicity	Solitude	Submission	Service
Confession	Worship	Guidance	Celebration



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Scriptures On Spiritual Discipline:

- "Pray without ceasing." (1 Thess.5:17)
- "Come near to God and He will come near to you." (Jam.4:8)
- "Those who honor Me I will honor, but those who despise Me will be disdained." (1 Sam.2:30)
- "Physical training is of some value, but godliness has value for all things...the present...and the life to come." (1 Tim.4:8)



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Living Graciously With Others...

- Our faith must not only be “inward” and “upward”, but consistently “outward”.
- Jesus said that the “greatest commandment” was to love ___ and to love _____. (Matt.22:36-40)
- Living “graciously” means living having received Grace...and also living by extending Grace.



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Scriptures On Living Graciously:

- “Let your gentleness be evident to all.” (Phil.4:5)
- “Always be prepared to give the reason for the hope you have. But do this with gentleness and respect.” (1 Pet.3:15-16)
- “Blessed are ...the meek...the merciful...the pure...the peacemakers...” (Matt.5:3-12)
- “Each one should use whatever gift he has...to serve others...administering God’s grace.” (1 Pet.4:10)



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Be Gracious!

How many times do we need to *hear* this before we start *living* it?!



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Jesus Said...

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”
(Matthew 11:28-30)



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