

Quitting Series: **How To Quit**

Pastor Bryan Keith Dugger - 09/23/2018



I. **Decisiveness**

II. **Put Off & Put On**

Ephesians 4:17-24

v. 17-19

The Admonition

v. 20-24

The Argument

III. **Put Away Sin**

Colossians 3:5-11

v. 5-9

Slay What Is Earthly

v. 10-11

Strengthen What Is Christlike

IV. **Substitution**

Personal Reflection

Take time this week to pray & respond to the following:

From time to time it is necessary to identify areas of weakness in one's life so that decisive action can be taken to correct deficiencies. Quitting is a choice. You have to want to change if you are seriously endeavoring to let go of harmful actions, ideas or relationships.

At the heart of God's sanctifying work for your life is the ongoing exchange of the wasteful & wicked for the beneficial & righteous. Through Christ, you are empowered by the Holy Spirit to put off the old nature & put on new life in Him. This is not only an opportunity in the Christian life, it is an obligation.

Be honest with yourself & with the all-knowing God who loves you—what in your life needs to be left behind? What is holding you back from exploring your potential in Him? What is eating up time & resources that would better be invested in your relationships with your Lord, your family & your Christian brothers & sisters? Perhaps what you truly need is the irreplaceable peace of knowing you are not letting anyone or anything hold you back from God's will for your life.

Prayerfully assess the condition of your devotion. Ask God to show you the things in your life that don't belong. Acknowledge the need to quit those things & pray for the Lord's help in so doing. Take time to thank Him for His patience & presence. Celebrate the fact that you are not alone & that His love never fails.