

## **“Changing Our Outcomes By Changing Our Choices”**

### **Galatians 6:6-10**

#### **Sermon Series: “Habits”**

**Introduction: Why is this so important?** “Live today in such a way that we can thrive tomorrow” (Carey Nieuwhof). Craig Groeschel, “Successful people do consistently what other people do occasionally.” Control what we can control, which is stewarding our lives today. We can’t control the future, but we can control the choices we make every day. Success isn’t achieving a five year plan. It’s obeying Jesus today. Focus on daily choices instead of long term outcomes. The outcomes are the product of our choices. We change daily-not in a day.

So, we are going to begin this series by laying a biblical foundation and trying to develop some convictions. Our daily choices and habits have so much to do with determining what our lives become. Here are three convictions for us to live by from this passage of Scripture (Galatians 6:6-10).

#### **1. When I make choices, I am choosing the outcome because I always reap what I sow (v. 7).**

**-The Law of the Harvest always works. It is:**

**A. I reap what I sow.**

**B. I reap more than I sow.**

**C. I reap later than I sow (v. 9).** Good habits are challenging at first and rewarding down the road but bad habits are rewarding at first and destructive in the long run.

**-I can’t keep doing the same things and expect different results.**

**-I am not the exception because there are no exceptions.**

**-I can’t mock God by living however I want to live and expecting His blessing upon it (Jeremiah 2:19).** Theologically, this is called the consequential wrath of God. It is the reality that there are built-in consequences to sin.

**2. To have better outcomes, I have to make better choices (v. 7).** In other words, if I want a better harvest, I must sow different seeds. The way to change my life is to stop focusing on the results and start making different choices. Repentance is a necessity. Jud Willhite says, “Most of us don’t want changed lives. We want changed situations.” What’s one choice that you can make and begin to implement that will change your life right now?

**3. The ultimate way to change my earthly and eternal outcomes is to trust Jesus and live under the control of the Holy Spirit (v. 8).** This statement is something of a summary of the book of Galatians that is summarized in verse 8.

**A. There are always consequences to our actions, but the good news is that we can be forgiven because Jesus reaped what we sowed on the cross (Galatians 2:16, 20-21, 3:10-14).**

**B. We can change our choices, and therefore, our outcomes, through the power of the Holy Spirit (Galatians 5:16-26).**

Jerry Bridges (The Pursuit Of Holiness) said, “The more we sin, the more we are inclined to sin... Every sin we commit reinforces the habit of sinning and makes it easier to sin.”

“Habit is defined as the “prevailing disposition or character of a person’s thoughts and feelings.” Habits are the thought and emotional patterns engraved on our minds. These internal habit patterns play just as forceful a role as external influences on our actions—in fact, perhaps more so. Owen said, “Every lust is a depraved habit or disposition continually inclining our hearts to do evil.”

As unbelievers, we formerly gave ourselves to developing habits of unholiness—what Paul called “ever-increasing wickedness” (Romans 6:19). Every time we sinned—every time we lusted, coveted, hated, cheated, or lied—we were developing habits of ever-increasing wickedness. These repeated acts of unrighteousness became habits that made us, in fact, slaves to sin.

But now, Paul declared, just as we formerly gave ourselves to these wicked habits, so we are to give ourselves to developing habits of holiness (Romans 6:19). We are to put off our old self—our sinful disposition and its habits—and put on the new self—with its character and habits of holiness. To train ourselves in godliness (1 Timothy 4:7) is to discipline and structure our lives so that we develop godly habits. Putting off these sinful habits is what Paul calls mortifying or putting to death the deeds of the body (Romans 8:13).

Though we are to deal with these habits of unholiness, we must not try to do it in our own strength. Breaking sinful habits must be done in cooperation with the Holy Spirit and in dependence upon Him. The determination that “I’ll not do that anymore,” based upon sheer human resolve, has never once broken the shackles of sin.”

**Conclusion: What’s one choice to change that you need to make today? The Bible calls that repentance. Is your choice to trust Jesus and receive His grace? Are you trying to live life in your own strength or in the power of the Holy Spirit?**