

Three Ways To Break Unhealthy Cycles

(Ephesians 6:12 "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.")

Matthew 26:41 ""Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak"

Two things we battle dark spiritual forces and our flesh

1. PREREQUISITES TO BREAKING UNHEALTHY CYCLES

- A. Prayer
- B. Fasting
- C. Giving

1. *However I will not be covering these three because I want to make the subject of breaking cycles a little more practical. Also these subjects require more time and because of a shift in culture it can be a little tougher due to:*

- a. *No longer have first principles*
- b. *No Sunday school*
- c. *Difficult for people to commit to teachings*

2. NUMBER 1: COMMITMENT

- A. Commitment to the process, say "Yes"

1. *Don't commit to self but to the Lord, trust that He is with you throughout the process*

- a. *When we do this it carries weight, a serious to the commitment*
- b. *Matthew 5:37 "All you need to say is simply "Yes" or "No" anything beyond this comes from the evil one.*
- c. *Why we don't commit:*

- 1. *Because it's no fun!*
- 2. *E.g. Heroine addict, commits to the processes of getting clean but will get sick on his/her way to sobriety*
- 3. *Paul had to go through a process that wasn't fun.*
 - a. *Galatians 1:18*
 - b. *3 year process*

4. Jesus went through many processes

3. NUMBER2: SUBMISSION

A. Once we commit we need to submit.

1. *All most every time we submit to a process it is going to require submission to a person.*
2. *Exodus 18:17 Moses submits to his Father-in-Laws instructions*
3. *Who do you submit to in your process?*
4. *Why submission is hard?*
 - a. *People are hurt (Church Hurt)*
 - b. *People Know it all*
 - c. *Bitterness, harder heart, trust*
 - d. *Most of the time we don't get to pick so we don't submit, because if we pick it wouldn't produce humility.*
 - e. ***We live in an age of no honor** (Romans 13:1 "Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God.")*
 - f. *We don't have a healthy understanding that we belong to an upside down Kingdom!*

*12 What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. 13 This is what we speak, **not in words taught us by human wisdom** but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words.[c] 14 The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit*
5. *Submission requires confession (nobody wants to confesses)*
 - a. *James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."*

4. NUMBER 3: KEEP HIM IN THE MIDDLE

A. Genesis 15

1. *God was is the middle of the covenant*
2. *The middle of the ark of the covenant*

3. *Jesus was in the middle*

5. NUMBER 4: REST

A. Psalm 37:7

1. *Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.*