



GRAVITY
Part 2: “Baneful Behaviors”
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January 13/14, 2010

bane·ful [beyn-fuhl] : destructive; poisonous; deadly

“Do not be fooled: You cannot cheat God. People harvest only what they plant.”

Galatians 6:7 (NCV)

“We should remove from our lives anything that would get in the way and the sin that so easily holds us back.”

Hebrews 12:1 (NCV)

WHAT ROOTS ARE HOLDING YOU DOWN?

1. MALIGNANT _____.

“Out of your heart (mind) come evil thoughts, vulgar deeds, stealing, murder, unfaithfulness in marriage, greed, meanness, deceit, indecency, envy, insults, pride, and foolishness. All of these come from your heart (mind), and they are what make you unfit to worship God.”

Mark 7:21-23 (NCV)

“Those who are dominated by the sinful nature think about sinful things...So letting your sinful nature control your mind leads to death....”

Romans 8:5a-6a (NLT)

2. TOXIC _____.

“All of us do many wrong things. But if you can control your tongue, you are mature and able to control your whole body. By putting a bit into the mouth of a horse, we can turn the horse in different directions. It takes strong winds to move a large sailing ship, but the captain uses only a small rudder to make it go in any direction.

Our tongues are small too, and yet they brag about big things. It takes only a spark to start a forest fire! The tongue is like a spark. It is an evil power that dirties the rest of the body and sets a person's entire life on fire with flames that come from hell itself. All kinds of animals, birds, reptiles, and sea creatures can be tamed and have been tamed. But our tongues get out of control. They are restless and evil, and always spreading deadly poison

My dear friends, with our tongues we speak both praises and curses. We praise our Lord and Father, and we curse people who were created to be like God, and this isn't right. Can clean water and dirty water both flow from the same spring? Can a fig tree produce olives or a grapevine produce figs? Does fresh water come from a well full of salt water?"

James 3:2-12 (CEV)

"Your tongue has the power of life and death. Those who love to talk will eat the fruit of their words."

Proverbs 18:21 (NIRV)

3. LETHAL _____.

"When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God."

Galatians 5:19-21 (NLT)

HOW CAN YOU BREAK FREE FROM YOUR BANEFUL BEHAVIORS?

“Your hearts are as hard as a field that has not been plowed. If you change your ways, you will produce good crops. So plant the seeds of doing what is right. Then you will harvest the fruit of your faithful love. It is time to turn to me. When you do, I will come and shower my blessings on you.”

Hosea 10:12 (NIRV)

1. PREPARE THE _____
(_____).

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:5 (TNIV)

“You were told that your foolish desires will destroy you and that you must give up your old way of life with all its bad habits. Let the Spirit change your way of thinking and make you into a new person. You were created to be like God, and so you must please him and be truly holy.”

Ephesians 4:22-24 (CEV)

2. CAST NEW _____ (_____).

“So encourage each other and build each other up, just as you are already doing.”

1 Thessalonians 5:11 (NLT)

“From the fruit of their lips people enjoy good things,”

Proverbs 13:2 (TNIV)

“The good things a man says benefit him.”

Proverbs 13:2 (NIRV)

**3. REAP THE NEW _____
(_____).**

“Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.”

Romans 8:12-13 (NLT)

“Stop lying and start telling each other the truth. Don't get so angry that you sin. Don't go to bed angry and don't give the devil a chance. If you are a thief, quit stealing. Be honest and work hard, so you will have something to give to people in need. Stop all your dirty talk. Say the right thing at the right time and help others by what you say. Don't make God's Spirit sad. The Spirit makes you sure that someday you will be free from your sins. Stop being bitter and angry and mad at others. Don't yell at one another or curse each or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.”

Ephesians 4:25-31 (CEV)