<u>STOP *trying* TO STOP!</u>

Ron Powell, Executive Director, True Life Discipleship Counseling

Have you ever noticed the more you've *tried* to STOP something, the more worn out or miserable you became? Ultimately then recognizing that you find yourself DOING IT *MORE*! Most often our intentions are good, in that if we are behaving or acting dysfunctionally it does need to STOP right?

With that said, what if instead of "*trying* to STOP" something, we would be better off if we were "*trying* to START" something?

What comes to mind when you see a "Wet Paint…DO NOT TOUCH" sign?   Exactly! Consider 1Cor. 15:56 b: *"...the power of sin is in the law."* So it seems that the law (don't do this, don't do that) empowers or "fuels" our sin, making us want to DO IT *MORE*! Rom. 5:20: *"and the law came in that the transgression might increase;"* So the more I *try to obey* the law, the more I realize I can't, so I break it!

It looks like this:

STOP $=$ DO IT *MORE*!

So if *trying* to STOP something doesn't work, then maybe we should *try* to START something instead, and DO *IT* MORE!

Gal 5:16 says: *"But I say, walk by the Spirit, and you will not carry out the desires of the flesh."* So if our focus was on "walking by the Spirit," and DOING *IT* MORE, our flesh (independence from God, or sin) wouldn't be involved.

Gal 5:18 "But if you are led by the Spirit, you are not under the Law." So as we walk by the Spirit, the law's "fuel" that empowers us to sin, has nothing to empower because we are being empowered BY THE SPIRIT. In other words, I'm not doing what I don't want to do *MORE;* I find myself doing what I want to do *MORE*!

When I'm walking BY THE SPIRIT, whatever I was *trying* to STOP falls away!

It looks like this:

DO *IT* MORE! $=$ STOP
(*Walk by the Spirit*)