

- In order to stay in the will of God, we must watch for things that can become a barrier between us and God. 1Pet. 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:
- Communing with Christ means that we don't allow anything to separate us from His plan. Prov. 3:6 In all thy ways acknowledge him, and he shall direct thy paths.
- Our flesh will always desire things that harm us in the long run so we must stay under teaching that exposes these sins. Matt. 26:41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.



- Our history plays a huge part in how certain things affect us. We all respond differently to various situations because of our past experiences. Heb.
 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,
- Some things we experienced in our past scarred us permanently, which can cause particular triggers to make us revert back to our sinful state, if we are not careful. 2Pet. 2:22 But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire.
- When we commune with Christ, we learn ourselves and He shows us these pitfalls. Christ will direct our path, if we allow Him to. *Psa. 119:105 Thy word is a lamp unto my feet, and a light unto my path.*



- Things that promote sin will produce sin in our lives. We must be diligent in protecting our hearts, especially when it's a sin of our past.
 Prov. 4:23 Keep thy heart with all diligence; for out of it are the issues of life.
- Certain images, music and former acquaintances can trigger behaviors that lead us away from Christ. We will never get free, if we do not guard our hearts from these things.
 James 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.
- We will only have a desire for the things of Christ, when we forsake our fleshly lusts. Our desire must be for Him and His way. 1John 2:15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.





I know people that walk in literal circles. As with the children of Israel, they never leave the wilderness because they are enjoying their present state. Even though they know they should be better, they never get better because they never change anything. The same sins they struggled with 10 years ago are struggles for them now. They are losing the sin battle because Christ is not directing their path! They keep falling into the same traps over and over again. They will not forsake the things that are knocking them down, so they continue to fall.

Just because it's popular doesn't mean you can do it. Because of your history, you may have to say no to certain things that others can handle. Being a new creation means that old things are passed away and all things become new. This is a decision and a walk that YOU are responsible for. If you continue to embrace things that hinder you, you will be hindered. But if you commune with Christ and allow Him to guide you, you can be free and walk in the newness of life!

Heb. 11:6 But without faith it is impossible to please him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek him.