

Will Power

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I. Introduction.

- A. Everybody is interested in will power, Christian or non-Christian.
- B. But whatever we do we are to do for God's glory, so we are interested in will power against our own nature. (1 Corinthians 9)
- C. The will is the faculty of choice.
- D. If the will is the faculty of choice in response to influences, we should ask how we can bring in the right influences.

II. The Scripture talks more about the heart than the Scripture. It consists of our emotions, intellect and will.

- A. The heart is the subconscious mind. (Ephesians 1:18; Colossians 3:2; Psalm 40:8; Deuteronomy 6:6; Psalm 119:11)
- B. The Word is to saturate our hearts. It is to guard our minds. (Proverbs 4:23)
- C. Most of our actions come from our subconscious mind.
- D. Our natural mind is deceitful and corrupt. (Jeremiah 17:9; Ephesians 4:22; Genesis 6:5)
- E. God gives us a new heart at the new birth. This is progressive. (Ezekiel 36:26; 2 Corinthians 4:5; Luke 24:45; Galatians 5:16-17)

III. How we can use the channels of our intellect and emotions to govern our will.

- A. We must set our minds on the things of the Spirit to walk by the Spirit. We must take on a new attitude. (Galatians 5:16; Romans 8:6; 12:2; Ephesians 4:23)
- B. We begin by getting the Word of God to be a stronger motivating factor. (Deuteronomy 6:6-7; Joshua 1:8; Psalm 1:2; Colossians 3:2, 16)
- C. We must understand the importance of habits.
 - 1. Habits are the prevailing disposition or character of a person's thoughts or feelings.
 - 2. They cannot be erased, but they can be recorded over. (1 Timothy 4:7; Ephesians 4; Colossians 3)
 - 3. Ask yourself which habits God would like you to get rid of and which God would like you to establish. Define your objectives.
 - 4. Set obtainable goals.

5. Rely on frequent repetition.
6. Do not make exceptions. Do not reward yourself for indulging.
7. Realize the importance of one choice affecting another.
8. When you backslide, do not give up.

D. The Christian life is not a choice between self-effort and no effort. (Proverbs 24:16; Galatians 5:17; Romans 8:13; Psalm 51:10; Philippians 2:12-13; 1 Thessalonians 3:12; 4:9)

Application questions:

1. Why must change occur inwardly before we see outward change?

2. How is training yourself in godliness different from “bootstrap religion”?

3. What habits would you like to change or add? How will you go about it?
