

# MULLIGAN

## How to Keep Going

**JANUARY 28, 2024**

Making goals is easier than actually reaching them, so how do we keep at it for the long haul? Scripture gives us some principles to guide us that are simple yet profound.

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### MESSAGE NOTES AND HIGHLIGHTS

- Do not be deceived: God cannot be mocked. A man reaps what he sows. | Galatians 6:7
  - Principle 1: You reap what you sow.
  - Principle 2: You reap more than what you sow.
  - Principle 3: You reap after you sow.
  - Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. | Galatians 6:8
  - Sowing to please God's Spirit: Develop a life of prayer, read and apply scripture, spend time in worship, build community with other Christ followers.
  - "What good is it for someone to gain the whole world, yet forfeit their soul?" | Mark 8:36
  - Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. | Galatians 6:9
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### DISCUSSION QUESTIONS

1. How have you been doing with starting and/or stopping a habit over the last few weeks? What has gone well? What has been challenging?
2. How have you seen the principle of "You reap *more* than what you sow" play out in your life? Is there any small habit or small investment that came back to you in an even bigger way (good or bad)?
3. How have you seen the principle of "You reap after you sow" play out in your life? What has taken a long time and required patience for you to see results?
4. Which of these four ways will you focus on to sow more into what pleases God? Develop a life of prayer, read and apply scripture, spend time in worship, build community with other Christ followers.