

# OVERCOMING BAD HABITS

## Practical Faith – Part 3

*“13 Never blame God when you are tempted because God can’t be tempted by evil, and he never tempts anyone to do the wrong thing. 14 We are tempted by our own desires inside us. That’s what drags us in the wrong direction and traps us. 15 Our wrong desires lead us to wrong actions, and those sinful actions eventually ends in death. 16 So, friends, don’t be deceived by every desire you feel.” James 1:13-16*

*“15 Well then, since God’s grace has set us free from the law, does that mean we can go on sinning? Of course not! 16 Don’t you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. 17 Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. 18 Now you are free from your slavery to sin, and you have become slaves to righteous living.” Romans 6:15-18*

*“4 Everyone who is a child of God can overcome sin in this world. What wins the victory is our faith! 5 No one can defeat the world’s ways without having faith in Jesus as the Son of God.” 1 John 5:4-5*

### KEY INSIGHTS ON OVERCOMING BAD HABITS

**KEY INSIGHT #1:** I need to know my default **COPING** strategy.

*“We should remove from our lives anything that gets in the way especially those persistent sins that so easily distract us...” Hebrews 12:1*

Food... Drinking... Sleep... Shopping... Binge TV... Gaming... Drugs...  
Gambling... Porn... Over-controlling... Withdrawing... Angry Outbursts

**KEY INSIGHT #2:** I need to understand my **EMOTIONAL** triggers. (What Makes Me Vulnerable)

*“Above all else, guard your heart, for it affects everything you do.” Proverbs 4:23*

Physically Exhausted. . . Discouraged & Pessimistic. . . Bored or Discontented Spiritually... Dry or Empty. . . Lonely or Disconnected. . . Insecure or Unsure. . . Wounded or hurt. . . Resentful. . . Sad or Grieving a loss. . .

**KEY INSIGHT #3:** I must be aware of my **PATTERNS**.

*“The wise man looks ahead. A fool tries to fool himself and won’t face facts.” Proverbs 14:8*

**Question #1:** **WHEN** am I most tempted?

**Question #2:** **WHERE** am I most tempted?

**Question #3:** **WHO** is with me when I’m most tempted?

**Question #4:** **WHAT** temporary benefit do I get if I give in to temptation?

**Question #5:** **HOW** do I feel right before I’m tempted?

**KEY INSIGHT #4:** I must make a **PLAN** to avoid those situations!

*“26 Plan carefully what you do... 27 Avoid evil and walk straight ahead. Don’t go one step off the right way.” Proverbs 4:26-27*

**KEY INSIGHT #5:** I go to God to **ASK** for help.

*“Call to me when trouble comes, and I will save you...” Psalm 50:15*

*“15 (Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. 16 So let us come boldly to...our gracious God. There we will receive his mercy, and grace to help us when we need it.” Hebrews 4:15-16*

**KEY INSIGHT #6:** I Choose to **REFOCUS** my attention on something else.

*“Don’t let evil conquer you but conquer evil with good.” Romans 12:21*

*“We capture every thought...and we make it obey Christ!” 2 Corinthians 10:5*

- **KEY OBSERVATION:** The more you **FIGHT** a feeling, the more it **CONTROLS** you.

**KEY INSIGHT #7:** Join a **COMMUNITY GROUP** at Springbrook for support.

*“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more.” Hebrews 10:25*

**KEY INSIGHT #8: INVITE** one friend to share in your struggle.

*“9 Two are better than one, because together...if one falls down, the other can help him up. 10 But if someone is alone and falls...there’s no one to help him.” Ecclesiastes 4:9-10*

*“By helping each other with your troubles, you truly obey the law of Christ.” Galatians 6:2*

**KEY INSIGHT #9: REMEMBER** God is on your side!

*“When temptations come into your life remember that they’re no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also, when you are tempted, he will show you a way out so that you will be able to withstand it.” 1 Corinthians 10:13*

*“God blesses people who continue strong when they are tempted. They will receive the crown of life that God has promised to those who love him.” James 1:12*