

# How to Overcome the Negative Things in Your Life

## L2: Repentance: Destructive Habits

Matthew 1:21

<sup>21</sup> “She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.”

Surely salvation in Jesus Christ involves the forgiveness of one's sins. However, it doesn't stop there. Jesus offers much, much more. Salvation in Christ involves deliverance from sin regarding its power over the child of God making it possible to experience an abundant life filled with the righteousness of God and all which that affords.

John 8:36

<sup>36</sup> “So if the Son makes you free, you will be free indeed.

1 John 3:8

<sup>8</sup> the one who practices sin is of the devil; for the devil has sinned from the beginning. The Son of God appeared for this purpose, to destroy the works of the devil.

The Gospel of Christ leads one to repentance.

**Repentance**—A feeling of regret, a changing of the mind, and a turning from sin to God.

Except you repent you will all likewise perish – Luke 13. 3,5

Repent and believe the gospel – Mark 1.15

Seeing sin through the lens of truth.

1. Sin separates you from God – Isaiah 59.2
2. Sin cost Jesus His life; He was wounded for our transgressions – Isaiah 53.5
3. Sin causes the Holy Spirit to grieve – Ephesians 4.30
4. Sin is controlling – John 8.34
5. Sin has consequences – Romans 6.21-22

Once you see sin for what it really is, how can you do anything else but loathe it.

Stop letting the negative things win. Stop justifying it. Acknowledge (confess it)

**Psalms 51:3** For I know my transgressions, and my sin is ever before me.

Repent and turn to God. Rely upon the help of the Lord.

Fight the battle one moment at a time: one day at a time.

Look to the reward. Celebrate your freedom in Christ.

Rebuke the devil. Rebuke false feelings and thoughts by trusting in the truth.

## ACTION STEPS

### 1. Pray

(Matthew 6.13)

\_\_\_\_\_ Me from evil. Thine is the kingdom and the power and the glory forever.

### 2. Constantly remind yourself that you are not alone. Focus on the truth of the Lord's desire for you.

(John 17.15)

Not that you would take them out of the world but that you would \_\_\_\_\_ them \_\_\_\_\_ the evil one.

### 3. Write down what it is you need to stop.

- List each negative consequence
- Pray over it instead of yielding to it
- Thank the Lord you are no longer a slave to it

### 4. Be willing to suffer in the flesh.

(Romans 8.12)

I am \_\_\_\_\_ a \_\_\_\_\_ to the flesh

### 5. Yield to and Lean Strongly on the Power of the Holy Spirit.

(Romans 8.13)

By the \_\_\_\_\_ put to death (mortify) the deeds of the body.

(1 Corinthians 10.13)

With the temptation (He) will provide the way of \_\_\_\_\_ also, so that you will be able to endure it.

### 6. Endure Patiently

(James 1:12)

Blessed is a man who \_\_\_\_\_ under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.