

# Sermon Notes

Ever Wonder Why? #5 – Why Can't I Stop?

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February 1, 2026

Romans 7:15-25a, 8:1-3

Rule #1 for this Series – **Don't Check Your Brain at the Door!**

Why Did God Let This Happen? (Week 1) Psalm 73, 2 Cor. 12:1-10

Why Does God Punish Us? (Week 2) Luke 16:19-31, Psalm 145:8-21

- Theologically: It is impossible for God to be **holy** without being **just**.

Why Should I Trust God? (Week 3) – Joshua 24:1-3a, 14-25

- We ask Questions - How is it with your soul?, We pray, We surrender.

Why didn't God Answer My Prayer? (Week 4)

- Genuine Belief and Faith – John 20 – “Doubting Thomas.”
- Connection – John 15:7.
- Alignment with God's will – 1 John 5:14-15.
- Forgiveness – Mark 11:25
- Keep Praying – Ephesians 6:18.

Why Can't I Stop?

- If you have a habit due to practical, emotional, relational or physical reasons – find professional help!
- Parents get really smart as their children age from 18 – 24!
  - Because they gain EXPERIENCE!
- Grace – God's abundant, unattainable, freely offered love.
  - Justifying Grace – the grace that *saves* us.
  - Sanctifying Grace – the grace that *transforms* us. Romans 8:1-2
- The Life of Grace – Galatians 5:22-23
  - This is a list of *benefits* not *expectations*.
- How do we get there?
  - Be Honest
  - Have Faith
  - Trust
  - Insight
  - Integrity
  - Acceptance
  - Be Humble
  - Willpower
  - Forgiveness
  - Conservation
  - Accomplishment
  - New Lifestyle