

“HOW DO I BREAK FREE FROM MY BAD HABITS?”

James 1:21 (GNT) – So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.

The right habits come from having the right heart.

Romans 7:15, 21-25a – I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate. I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord.

1. Be willing to endure temporary pain.

- **1 Timothy 4:8** – Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.
- **Luke 9:23-24** – Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.”

2. Do not minimize small steps.

- **Zechariah 4:10a** – Do not despise these small beginnings, for the Lord rejoices to see the work begin.

3. Change the way you think about you.

- **John 8:44b-45** – He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. So when I tell the truth, you just naturally don’t believe me!
- **Ephesians 2:10** – For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

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4. Initiate healthy relationships.

- **Hebrews 12:1-2a** – Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

5. Rely on a power greater than yourself.

- **Romans 5:20b-21** – But as people sinned more and more, God’s wonderful grace became more abundant. So just as sin ruled over all people and brought them to death, now God’s wonderful grace rules instead, giving us right standing with God and resulting in eternal life through Jesus Christ our Lord.

Coming soon:

1. **Life Groups:** It’s never too late to get connected to a Life Group. Stop by the Connect Center for information about how to find and sign up for your group. We’re better together!
2. **Student Takeover Sunday:** Join us next Sunday, September 7, as our DRC Students take over and lead us in worship. If you know of a student in 6th-12th grade, be sure to connect them with our Student Director, Josh Mains, today: Josh.Mains@danriverchurch.org.
3. **Date Night:** Join us for Date Night: Lasting Love on Friday, September 19, from 6-9 pm. Great marriages take hard work. Let’s invest in our most important relationships. Dinner and childcare will be provided. Sign up at the Connect Center today.
4. **Good News Club:** DRC will serve in an after school program again this year at Stony Mill Elementary. This is a great opportunity to impact kids in amazing ways. There will be an information meeting on Wednesday, September 10, at 6:30pm. For more details, email Ashley Lumpkins: Alumpkins11@gmail.com.