

This Year I Will...

Part 2: Quit That Habit

What do I struggle with?

- | | | |
|-------------------|---------------|---------------------|
| • Worry | • Language | • Drinking or using |
| • Procrastination | • Workaholism | • Sex |
| • Arguing | • Spending | • Pornography |
| • Gossiping | • Eating | • Gambling |

Five Biblical Keys to Quitting That Habit

1. Reveal _____

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy." Prov. 28:13

"Two are better than one... If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" Eccl. 4:9,10

"As iron sharpens iron, so one man sharpens another." Prov. 27:17

2. Remember _____

"Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched?" Prov. 6:27, 28

• _____ consequences

"At the end of your life you will groan, when your flesh and body are spent. You will say, 'How I hated discipline!'" Prov. 5:11, 12

• _____
"The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline..." Prov. 5:22, 23

• _____
"The man of integrity walks securely, but he who takes crooked paths will be found out." Prov. 10:9

• _____
"A foolish son brings grief to his father and bitterness to the one who bore him." Prov. 17:25

• _____
"He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored." Prov. 13:18

• _____
"Like a city whose walls are broken down is a man who lacks self-control." Prov. 25:28

• _____
"Stolen water is sweet; food eaten in secret is delicious! But little do they know that the dead are there, that her guests are in the depths of the grave." Prov. 9:17, 18

"The prudent see danger and take refuge, but the simple keep going and suffer for it." Prov. 27:12

3. Recognize _____

"The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception." Prov. 14:8 (See 1 Kings 19, Mark 14, Matt. 26)

4. Renew _____

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." Rom. 12:2

Wrong _____ lead to wrong _____

"Do not let my instructions out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life." Prov. 4:21-23

5. Reinstate _____

"...a man is a slave to whatever has mastered him." 2Pet. 2:19

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." Ps. 73:26

Reasons I move into bad habits:

- | | |
|----------------------|----------------------|
| • Need for esteem | • Need for adventure |
| • Need for happiness | • Need for approval |

The key: Let _____ meet my _____

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" 2 Cor. 5:17

I can start over _____

"For though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity." Prov. 24:16

Resources

- Lane Adams, *How Come It's Taking Me So Long to Get Better?*
- Arterburn & Stoeker, *Every Man's Battle: Winning the War Against Sexual Temptation*
- David A. Seamands, *Healing Grace*
- Claire W., *God, Help Me Stop!*

Daily Meditations

Take a few minutes every day to read Scripture, pray, and answer some thought-provoking questions pertaining to this week's topic.

This week's memory verse:

"He who ignores discipline despises himself, but whoever heeds correction gains understanding." Prov. 15:32

Monday

Think back over the sermon from last weekend. Write down the habit(s) that you struggle with the most.

Which point from the sermon stood out to you most and why?

Read Romans 7:19-20. How have you seen the truth of these verses in your life?

Thank God today for the honest relationship you can have with Him. Thank Him for the truth of the Bible. Ask Him to help you as you honestly evaluate your life and seek His help to change.

Tuesday

Read 2 Cor. 1:9, 3:5 & 12:9. What truth do you see repeated in each of these verses?

Why is it so difficult to admit that you have a problem?

Read Prov. 28:13, 27:17 & Eccl. 4:9-10. It can be a difficult to sit down with a friend or pastor and admit that you have a problem. Think about the habit that you're struggling with and write down a plan for sharing that problem with a friend in the near future.

What are the benefits of sharing your struggle with someone else?

Thank God today that you don't have to struggle alone. Ask Him for the courage to be honest and the right time to share your struggle with a friend.

Wednesday

Read Prov. 5:11-12 & 6:27-28. Why is it so difficult to remember the consequences to bad choices and habits?

Look over the list of consequences in point 2. Which of these has hit home most recently in your life?

Read Ps. 40:1-2, Matt. 19:26 & Rom. 5:8. If all you did was focus on the consequences of your struggle that would get pretty discouraging! How do these verses encourage you to see that there is hope?

When you face down your habit this week, how can you use a combination of remembering the results and God's power to help you resist?

Thank God today that there are consequences, both good and bad, in life. Thank Him for His love for you and for being "on your side".

Thursday

Read Prov. 21-23 & Rom. 12:2. The battle for your mind rages every day! It is so important to get into the habit of renewing your mind. How do you see the struggle for your mind in the habit you struggle with?

Now that you recognize the struggle for your mind, how will you make renewing your mind a priority? How do you think it will help you in the struggle you face?

What does it mean to you to "guard your heart"? How does that apply to the struggle you're facing?

List two ways you can "guard your heart" today:

- 1.
- 2.

Thank God today that He provides help for you in your struggle. Ask Him to help you renew your mind and guard your heart today.

Friday

How does understanding God's grace and unconditional love for you help you to overcome your habit?

Read Ps. 73:26, 2 Cor. 5:17 & 2 Peter 2:9. Think about a time in your life when Jesus was not Lord of your life. What was your life like?

List three things that characterize your life when Jesus is Lord.

- 1.
- 2.
- 3.

Why is it a struggle to continually make Christ the Lord of all your life, including your struggles?

What have you learned this week that will help you?

Thank God today for His grace and mercy. Thank Him for His love for you. Ask Him to be the Lord of all your life.

Saturday

Read Prov. 24:16. Rejoice in the fact that you can start over, that failure isn't fatal! Spend some time talking to God about the struggles you face and the habits that you can't seem to break. Ask Him to help you apply what you learned this week. Please pray for the services this weekend. Pray that many people will be transformed by the Good News of God's transforming grace.