

## • **Breaking bad addictive habits & overcoming temptations** by lcl

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Mat\_19:26 But Jesus looked on *them* and said to them, With men this is impossible, but with God all things are possible.

Mar\_9:23 Jesus said to him, If you can believe, all things *are* possible to him who believes.

Mar\_10:27 And Jesus looking on them said, With men *it is* impossible, but not with God; for with God all things are possible.

Rom\_12:21 Do not be overcome by evil, but overcome evil with good.

2Pe 2:18 For when they speak great swelling *words* of vanity, they lure through *the* lusts of the flesh, by unbridled lust, the ones who were escaping from those who live in error;

2Pe\_2:19 promising them liberty, they themselves are the slaves of corruption. For by whom anyone has been overcome, even to this one he has been enslaved

Jas\_1:14 But each one is tempted by his lusts, being drawn away and seduced *by them*.

1Jn\_4:4 You are of God, little children, and you have overcome them, because He who is in you is greater than he who is in the world.

1Co\_6:19 Or do you not know that your body is a temple of the Holy Spirit in you, whom you have of God? And you are not your own,

1Co\_10:13 No temptation has taken you but *what is* common to man; but God is faithful, who will not allow you to be tempted above what you are able, but with the temptation also will make a way to escape, so that you may be able to bear *it*.

Heb\_2:18 For in that He Himself has suffered, having been tempted, He is able to rescue those who are being tempted.

*All people are tempted to do wrong by Satan. If there is no will to resist, they will be drawn further and habits formed. We can be drawn into life patterns by peer pressures, imagined and real needs or desires or circumstances.*

*The first step in breaking bad habits is an honest evaluation:*

- *Is what I am doing good for me and others around me or is it creating un-needed stress and potential physical or spiritual problems to be manifested in the future?*
- *Would God want me to do this?*
- *Why am I doing this?*
- *Am I willing to be an over-comer for a better life for myself, my family and friends?*
- *Is my problem due to a spiritual or physical circumstance?*
- *Am I willing to ask for help to overcome the problem?*

*Know that prayer can help in any circumstance if one has already accepted Jesus as lord and savior. Jesus will accept anyone and is willing to forgive all past sins to prepare the way for entry to a sinless Heaven. See the lesson on salvation. God will never guide you wrong or give you a bad gift when help is requested. Difficulties may be encountered, but Christ will provide a way of eventual escape when one perseveres. See 1Co\_10:13 above. Only God can provide help for spiritual needs, but may also provide miraculous physical cures at times.*

*After Christ is accepted, earnestly and continually pray for guidance and power to overcome the problem. Then, be patient and listen for the quiet small voice of the Holy Spirit to lead you. If the habit is rooted in a physical need, doctors and drugs may also be required for support in overcoming the physical habit. If the habit is resulting from a spiritual need a Pastor or Christian friend would also be beneficial as a support team. Seek help!*

*Remember, that there is no problem too large for God!*

*Make a list of what the habits consequences are doing to you and how it is affecting your family and friends. If family and friends are not affected, consider if they also have the habit and cannot or do not want to stop their habit. If they do not want you to stop the habit and you know the habit is bad in that it causes pain, sickness or guilt, consider parting ways with old contacts for their lack of support that will make your success more difficult. Read the list aloud every day until the habit is completely broken.*

***Whenever temptation comes***, denounce it in the name of Christ and refocus on something else, such as appropriate scripture guidance, other than the problem. Ask for help from your support team. Continue to ask Christ for help. Dwell on what Christ suffered for your sake. Ask yourself what would Jesus do and what would God the Father want. Seek God's Holy Spirit power within you to renew your mind. Do not argue with Satan, but focus on God. Give thanks to God when you are at peace that the habit has been broken.

*It will become very apparent that it is easier to not start bad habits than it is to stop them. Choose wisely in the future.*

***You are called to be an over-comer!***