



# Overcoming

A d c i n  
d i t o s

**Breaking the Habit**

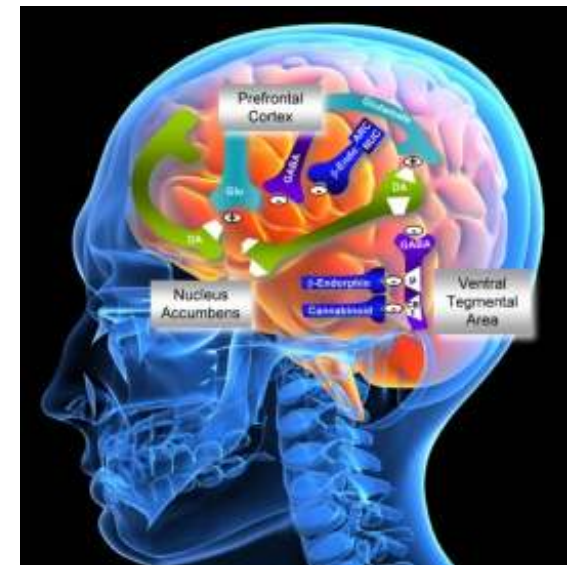
# THE POWER OF HABIT

○ What is the difference between a luke-warm Christian and a zealous Christian? **Habits**

- Habits drive & impact the quality of our lives

○ Definition: ADDICTION

- “the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming”
- “recurrent, often unconscious patterns of behavior acquired through frequent repetition”



Attitude

# ALL HAVE ADDICTIONS (HABITS)

## ○ Everyday routines

- *Wake up in the morning, exercise/no exercise, bath, eat, brush teeth, drive, sleep in on Sunday morning, etc.*



## ○ Everyday thought patterns

- *Pessimism/optimism, thankfulness/complaining, anger/compassion, rejoicing/despairing, etc.*

## ○ Everyday behaviors

- *Bite fingernails, cross arms, interaction with others, inclination to work/remain idle, attend/skip Bible classes, etc.*



Attitude

# CHANGING HABITS, CHANGES LIVES

## ○ Character & Life is a sum of our habits

- Character: Honesty Kindness, Determination
- Life: What, Why, Where, When, and Why

## ○ Habits, more than intelligence, talent, & wealth influence success & failure.

- We reap what we sow, **GOOD/BAD**.
  - Galatians 6:7-8, *“for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.”*

Attitude



# HABITS ARE POWERFUL BUT...

## Jesus is More Powerful

- In Christ there is power to change
- Bad habits must be replaced with good habits
- Replacing old habits with good transforms life.

Habit Replacement is Essential to Change

**Bad  
Habits**



**Good  
Habits**



**Attitude**

# THE PROBLEMS OF HABITUAL SIN

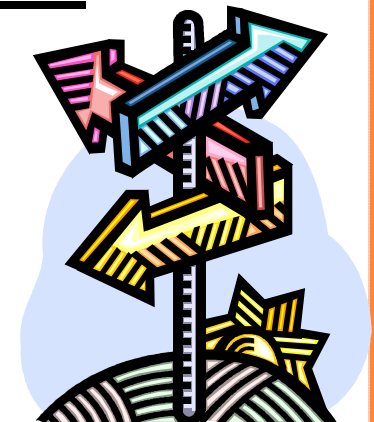
- **More Frequent The Behavior The More Difficult To Change The Habit (Addiction)**
- **Examples: Sinful Habits (Addiction)**
  - Lust, **2 Peter 2:14**
  - Gossip, **1 Timothy 5:13**
  - Profanity, **Ephesians 4:29**
  - Covetousness, **Luke 12:15**
  - Gluttony, **Titus 1:12-13**
  - Negative/Evil thoughts, **Mark 7:21**
  - Alcohol, Drugs, etc., **1 Corinthians 6:12**
  - **1 John 3:8a, “He that committeth sins is of the devil.”**



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# SIN HABITS PROGRESS, BAD-WORSE

- Sin habits do not stay fixed or unchanged
  - The alcohol addict drinks more for more reasons
  - The drug addict needs more drugs more often
  - The liar addict, lies to cover up more lies
  - The sexual addict, takes more risks, more often
- Sin habits of an addict increases in frequency, duration, & type
  - Most true addicts have multiple sin habits
  - Addictions are a compulsive disorders
    - Fact: Addiction is not a quick fix
    - Fact: Addiction is a Lifestyle of Choice.



Attitude

# CHRIST CAN BRING FREEDOM

- **John 8:31-36**, Jesus said to those Jews which believed on him, ***“If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free. ... Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin. And the servant abideth not in the house for ever: but the Son abideth forever. If the Son therefore shall make you free, ye shall be free indeed.”***



Attitude

# SIN HABITS DO NOT DISAPPEAR AT BAPTISM

- **Acts 8:13**, *“Simon himself believed also: and when he was baptized..”*
- **Acts 8:18-19**, *“when Simon saw that through laying on of the apostles’ hands the Holy Ghost was given, he offered them money Saying, Give me also this power that on whomsoever lay hands...”*
- **Acts 8:20-24**, Peter said, *“thy heart is not right in the sight of God. Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee. For I perceive that thou art in the gall of bitterness, and in the bond of iniquity.”*



Attitude

# REALITY

Putting Sin Habits  
Away is an  
Ongoing, Step By  
Step, Process.

# HOW TO OVERCOME HABITUAL SIN

## 1. Identify Your Habits



- Look in the mirror

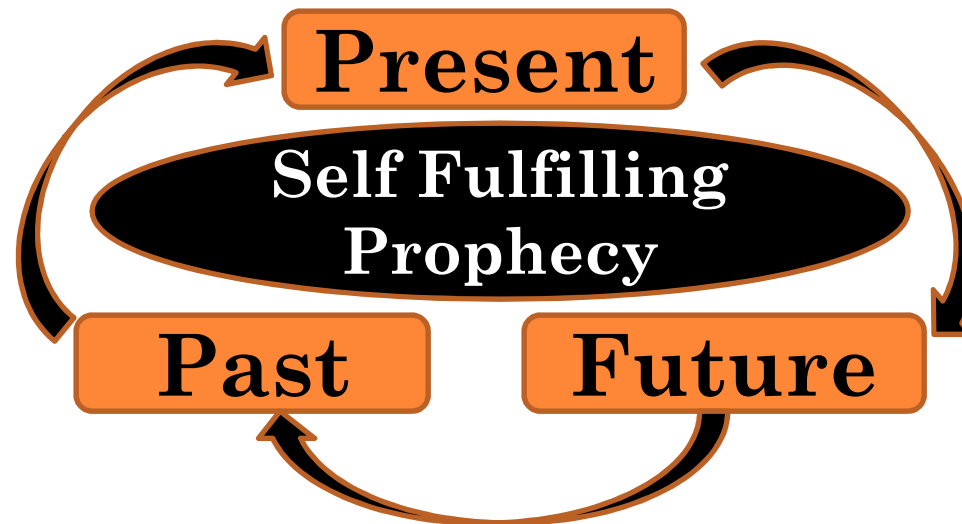
- **James 1:22-25**, *“if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.”*
- **1 John 1:8**, *“If we say that we have no sin, we deceive ourselves, and the truth is not in us.”*

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# HOW TO OVERCOME HABITUAL SIN

## 2. Believe in God & the Power to Change

- **# 1 Reason for failure is “LACK OF FAITH”**
  - Especially with a series of failures
  - Depression, Pessimism, Hopelessness
  - Without faith old habits return-Stress increases

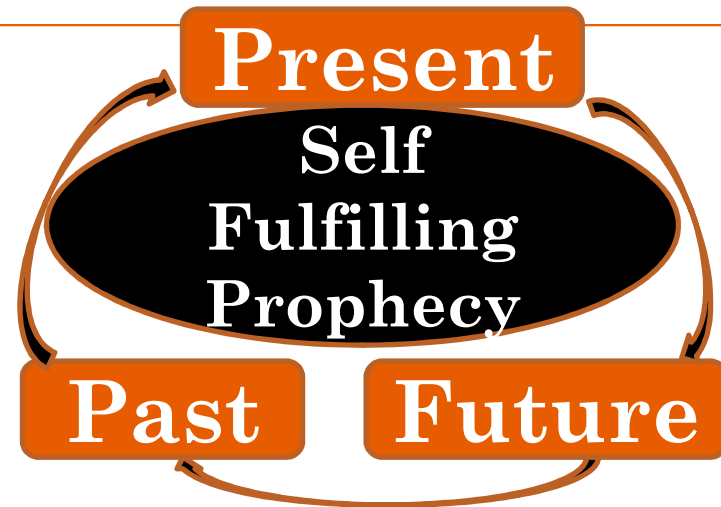


- Mark 10:27, “...with God all things are possible.”  
Hebrews 11:1
- Attitude**
- Hebrews 11:6

# HOW TO OVERCOME HABITUAL SIN

## 3. Retrain the Heart

- Every positive change empowers more change.



- **Romans 7:14-25** “...*I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.*”
- **Proverbs 4:23**, “Keep your heart with all diligence. For out of it spring the issues of life.”
- **Galatians 5:25**, “live in the spirit...walk in the spirit.”

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# HOW TO OVERCOME HABITUAL SIN

## 4. Replace Sin Habits With Good Habits

### ---FILL THE VOID---

- Perfect Practice Makes Perfect

*“Keep doing what you’ve always done, you’ll keep getting what you always got”.*

- **1 Thessalonians 5:16-21**, *“Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good.”*

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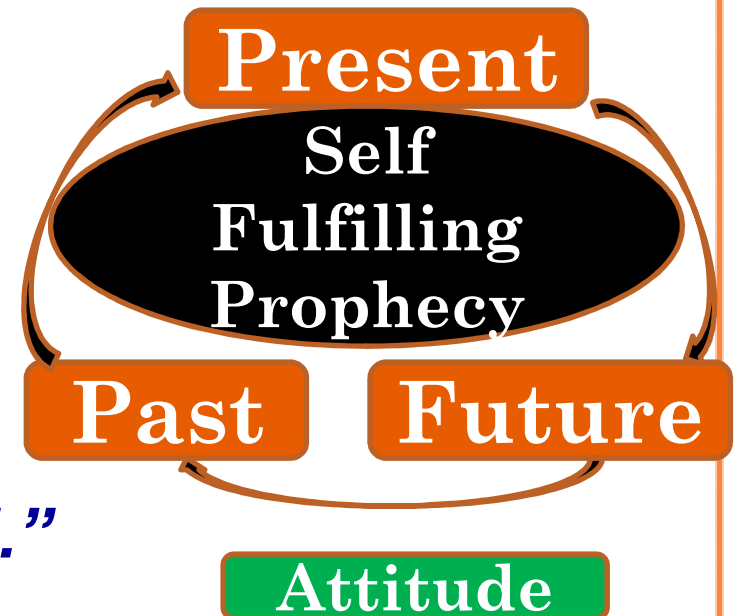


# HOW TO OVERCOME HABITUAL SIN

## 5. Avoid Triggers to Old Sin Habits

### ---FILL THE VOID---

- Classic Behavioral Conditioning Process
  - Avoid people, places, things, anything that triggers
  - Avoid playing with fire, you won't get burned
    - 1 Thessalonians 5:22, *“Abstain from all appearance of evil.”*
    - 1 Cor. 6:18, *“Flee fornication”*
    - 1 Cor. 10:14, *“Flee Idolatry”*
    - Ephesians 5:15-16, *“ye walk circumspectly, not as fools but as wise, Redeeming the time, because the days are evil.”*



# HOW TO OVERCOME HABITUAL SIN

## 6. Change Habits, One Day At A Time

- Deal with habits in the present
  - **Matthew, 6:34**, *“Take no thought for the morrow: for the morrow shall take thought for things of itself. Sufficient unto the day is the evil there of.”*
- Plan your day, plan to change daily routine
  - Be in charge, never leave change to chance
  - Plan strategy for weak, even weaker moments
- Deal with habits one at a time
  - Alcohol, Tobacco, & Weight
- Celebrate milestones
  - 30 min., 1 day, 5 days, etc.

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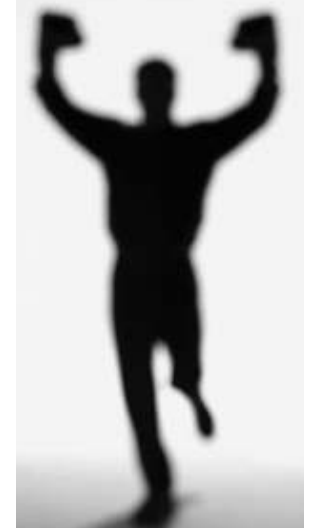


# CONCLUSION TO THE WHOLE MATTER

## The Power Of Jesus Can Free Us From Habitual Sin.

- Put Christ first in your life (Everyday)
  - **Romans 16:17-18**, *“ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness.”*
- When stumbling, Repent, Don't Retreat
  - **1 John 1:9**, *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”*
  - **Romans 2:7**, *“To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life”*

Attitude





# Overcoming Addiction

**Break the Habit**