

Bad Habits Are Hard To Break

ROMANS 7 : 15 - 20 (NASB)

- 15** For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.
- 16** But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good.
- 17** So now, no longer am I the one doing it, but sin which dwells in me.
- 18** For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.
- 19** For the good that I want, I do not do, but I practice the very evil that I do not want.
- 20** But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me.

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LUKE 5 : 36 - 39 (NASB)

- 36** And He was also telling them a parable: "No one tears a piece of cloth from a new garment and puts it on an old garment; otherwise he will both tear the new, and the piece from the new will not match the old.
- 37** "And no one puts new wine into old wineskins; otherwise the new wine will burst the skins and it will be spilled out, and the skins will be ruined.
- 38** "But new wine must be put into fresh wineskins.
- 39** "And no one, after drinking old wine wishes for new; for he says, 'The old is good enough.'"

TWO IMPORTANT PRINCIPLES

- You can't put new ideas into an old mindset
- You can't have new results with the same old behaviors

GUIDELINES TO USE TO BREAK A BAD HABIT

- Pray about it
- Study the habit so you can understand why you do what you do
- Focus on one bad habit at a time
- Keep your changes simple
- Take a 30 day challenge

EPHESIANS 4 : 22 - 24 (NASB)

- 22** that, in reference to your former manner of life, you **lay aside the old self**, which is being corrupted in accordance with the lusts of deceit,
- 23** and that you be renewed in the spirit of your mind,
- 24** and **put on the new self**, which in the likeness of God has been created in righteousness and holiness of the truth.

EPHESIANS 4 : 22 - 24 (MSG)

22 Since, then, we do not have the excuse of ignorance, everything-and I do mean everything-connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life-a God-fashioned life,

23 a life renewed from the inside

24 and working itself into your conduct as God accurately reproduces his character in you.

1 CORINTHIANS 10 : 13 (NASB)

13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

1 CORINTHIANS 10 : 13 (MSG)

13 No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.