

YES, YOU CAN . . . Break Bad Habits

"I do not understand what I do. For what I want to do I do not do, and what I hate I do. For I have a desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing."

Romans 7:15, 18b-19

"Addiction is the appetite that begs to be fed. It won't stop pleading until I satisfy it. And then, it is only silent for a while."

Anonymous

Steps toward being overpowered by **BAD HABITS / ADDICTIONS . . .**

step one SELF-DECEPTION:

Addictions/Controlling Habits come in two packages

1. Those initially in and of themselves not wrong
2. Those bad in and of themselves.

Everything is permissible for me – but not everything is beneficial.

Everything is permissible for me – but I will not be mastered by anything.

1 Corinthians 6:12

step two DENIAL:

But for an action to become an addiction the deception must become even more cunning and enticing. We deny the pain our actions are causing. We deny the seriousness of the problem.

step three ISOLATION:

True intimacy is the greatest enemy of addictive thinking.

step four LOSS OF CONTROL:

We get to the point where we surrender to the cravings of the dragon within us.

step five CRASH AND BURN:

Is there an area in your life that brings you shame and you don't want to talk about it?

THE POWER OF YOUR DRAGON CAN BE BROKEN

SEVEN STEPS TO BREAKING FREE

1. RECOGNIZE –

Many of us fail to recognize that we are over powered by a stubborn habit.

Am I being controlled?

2. REPENT –

You must confess and choose (often reinforcing this decision over and over again) to go in a healthy direction.

3. REACH OUT –

If you could win the battle on your own you already would have done that. You need an accountability partner.

4. RESPOND –

Act in accordance with your decision and new direction. Live differently.

5. REPLACE –

Identify and participate in actions that are appropriate to replace the habit/addiction. Subtraction alone will not enable you to fully break free. You need to add, to replace the negative with the positive.

6. REPEAT –

You were never perfect. You are not perfect. You will never be perfect. It is not the fact that you fall that is the issue. It is whether or not you get up again.

7. REMEMBER –

No matter what happens God extends his arms of love. Knowing that and leaning into that is a key to success.

**But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.**

Romans 5:8