

Bad Habits

“All things are lawful unto me, but all things are not expedient:
all things are lawful for me, but I will not be brought under
the power of any.” 1 Corinthians 6:12

Bad Habit	Verse Reference to Help:	Comments:
Coveting	Hebrews 13:5 (Contentment)	
Pride	1 Peter 5:5,6 (Humility)	
Gluttony	1 Corinthians 9:27 (Subjection)	
Laziness	Proverbs 13:4 (Diligence)	
Anger	Colossians 3:8 (Put off)	
Worry	Philippians 4:6 (Tell God)	
Bitterness	Ephesians 4:32 (Christ's Forgiveness)	
Impatience	Psalms 40:1 (Wait Patiently)	
Lust	2 Timothy 2:22 (Follow, righteousness, faith, charity, peace)	
Lying	Proverbs 12:22 (Deal Truly)	

“The victory over sin that you seek will come from your relationship with God. When you seek to know God and love Him with your whole mind, heart, and soul, the freedom you are looking for will become yours”(Lutzer, How to Say No to a Stubborn Habit)
Mark 12:29-30

1. Take full responsibility for your behavior. Face your bad habit as sinful and displeasing to God.
2. Believe that God can enable you to stop this sinful habit. 1 Corinthians 10:13
3. Choose your circumstances wisely, If a habit is fed by certain persons, places, or objects remove them from your life(when possible).
4. Accountability, ask someone you trust, that will help you conquer this bad habit.
5. Replace the bad habit with a good habit. (Look in God's Word to help you, keep a journal on when the bad habit appears.)
6. Once you've made progress, never assume that you can live without constantly relying on God's strength.

“James Stalker, the Scottish preacher, wrote, 'The great tempter of men has two lies with which he plies us at two different stages. Before we have fallen, he tells us that one fall does not matter; it is a trifle; we can easily recover ourselves again. After we have fallen, he tells us that it is hopeless; we are given over to sin, and need not attempt to rise’(Lutzer)

“I can do all things through Christ which strengtheneth me.” Philippians 4:13