

How To Counter Your Bad Habits

1 John 5:4-5 (TLB) ⁴ for every child of God can obey him, defeating sin and evil pleasure by trusting Christ to help him. ⁵ But who could possibly fight and win this battle except by believing that Jesus is truly the Son of God?

Countermeasures For Bad Habits

1. Know my default _____ strategy.

Hebrews 12:1 (GW) ... we must get rid of everything that slows us down, especially sin that distracts us. ...

Food... Drinking... Sleep... Shopping... Binge TV... Gaming... Drugs...
Gambling... Porn... Over-controlling... Withdrawing... Angry Outbursts

2. Know my _____.

Proverbs 4:23 (NLT2) ²³ Guard your heart above all else, for it determines the course of your life.

Some of the triggers: _____,
_____, _____,
_____.

Hebrews 11:25 (NLT2) ²⁵ He chose to share the oppression of God's people instead of enjoying the fleeting pleasures of sin.

3. _____ those situations.

Proverbs 4:26-27 (TEV) ²⁶ Plan carefully what you do, and whatever you do will turn out right. ²⁷ Avoid evil and walk straight ahead. Don't go one step off the right way.

4. _____ God for _____.

Psalms 50:15 (NCV) ¹⁵ Call to me in times of trouble. I will save you, and you will honor me.

Hebrews 4:15 (CEV) ¹⁵ Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin!

5. _____ my attention on _____ else.

Romans 12:21 (NIV) ²¹ Do not be overcome by evil, but overcome evil with good.