

**FREEDOM FROM BAD HABITS**  
**#SermonHabits**  
**The Power of Freedom Part 2**  
**Dr. Mark Jackson - July 8, 2018**

**2 Peter 2:19** ...they are slaves of **destructive habits** -- for a man is a slave of anything that has conquered him. (TEV)

**How to Break a Bad Habit**

**1. START TODAY**

**Proverbs 27:1** Never boast about **tomorrow**. You don't know what will happen between now and then. (TEV)

**Ecclesiastes 11:4** If you wait for **perfect conditions**, you'll **never get anything done!** (LB)

**2. REFUSE TO BLAME OTHERS**

**Proverbs 19:3** Some people **ruin themselves by their own stupid actions** and they **blame the Lord**. (TEV)

**3. EXAMINE MY LIFE**

**Lamentations 3:40** Let us **examine** our ways and **test** them, and let us return to the Lord. (NIV)

**Psalms 32:3,5** ...My dishonesty made me **miserable** and filled my days with **frustration**...<sup>5</sup> until **I finally admitted my sins** and **stopped trying to hide them**. I said to myself, "**I will confess them** to the Lord." And you forgave me! All my guilt is gone! (LB)

**4. STAY AWAY FROM THE TEMPTATION**

**Romans 13:14** **Don't give any chances to the flesh** to have its fling. (PH)

**Proverbs 4:26-27** Plan carefully what you do... **Avoid evil**... (TEV)

**5. REFOCUS ON SOMETHING BETTER**

**Proverbs 4:23** Be careful **how you think**; your life is **shaped by your thoughts**. (TEV)

**Philippians 4:8** Fill your mind with those things that are good and that deserve praise; things that are true, noble, right, pure, lovely, and honorable. (TEV)

## **6. RESTORE BROKEN RELATIONSHIPS**

**Romans 12:18** As far as your responsibility goes, live at peace with everyone. (PH)

## **7. CONFIDE IN EACH OTHER**

**James 5:16a** Confess your sins to each other and pray for each other so that you may be healed. (NIV)

## **8. REACH OUT TO HELP OTHERS**

**2 Corinthians 1:4** He helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God. (TEV)

**Galatians 6:2** Carry each other's burdens, and in this way you will fulfill the law of Christ. (NIV)

## **9. ASK CHRIST TO TAKE OVER**

**Romans 6:12-13** Don't let sin control your body any longer; don't give in to its sinful desires ... But give yourself completely to God -- every part of you... to be used for His good purposes. (LB)

**John 8:36** So if the Son sets you free, you are truly free. (NLT)