

A FAITH THAT COUNTERS MY BAD HABITS

A Faith That Works When Life Doesn't
Rick Warren

"Never blame God when you are tempted because God can't be tempted by evil, and he never tempts anyone to do the wrong thing. We are tempted by our own desires inside us. That's what drags us in the wrong direction and traps us. Our wrong desires lead us to wrong actions, and those sinful actions eventually ends in death. So, friends, don't be deceived by every desire you feel." James 1:13-16

WE ARE NOT POWERLESS

"Everyone who is a child of God CAN overcome sin in this world. What wins the victory is our faith! No one can defeat the world's ways without having faith in Jesus as the Son of God." 1 John 5:4-5

9 COUNTER MOVES

1. KNOW

"We should remove from our lives anything that gets in the way (of our spiritual growth) especially those persistent sins that so easily distract us." Hebrews 12:1

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

2. KNOW (What Makes Me Vulnerable)

"Above all else, guard your heart, for it affects everything you do." Proverbs 4:23

Physically Exhausted . . . Discouraged & Pessimistic . . . Bored or Discontented
Spiritually Dry or Empty . . . Lonely or Disconnected . . . Insecure or Unsure . . .
Wounded or hurt . . . Resentful . . . Sad or Grieving a loss . . .

3. LEARN

"The wise man looks ahead. A fool tries to fool himself and won't face facts." Proverbs 14:8 (TLB)

- _____ AM I MOST TEMPTED?
- _____ AM I MOST TEMPTED?
- _____ IS WITH ME WHEN I'M MOST TEMPTED?
- _____ TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- _____ DO I FEEL *RIGHT BEFORE* I'M TEMPTED?

4. PLAN

"PLAN CAREFULLY what you do . . . Avoid evil and walk straight ahead. Don't go one step off the right way." Proverbs 4:26-27 (GNT)

5. ASK

"Call to me when trouble comes and I will save you." Psalm 50:15 (GNT)

"(Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. So let us come boldly to . . . our gracious God. There we will receive his mercy, and grace to help us when we need it." Hebrews 4:15-16

6. REFOCUS

"Don't let evil conquer you, but conquer evil with good." Romans 12:21 (GW)

"We capture every thought...and we make it obey Christ!" 2 Corinthians 10:5 (NCV)

7. JOIN

"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more." Hebrews 10:25 (GNT)

8. ENLIST

"Two are better than one, because together . . . if one falls down, the other can help him up. But if someone is alone and falls . . . there's no one to help him." Ecclesiastes 4:9-10 (GNT)

"By helping each other with your troubles, you truly obey the law of Christ."

Galatians 6:2 (NCV)

9. REMEMBER

"When temptations come into your life remember that they're no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able to withstand it." 1 Corinthians 10:13

"God blesses people who continue strong when they are tempted. They will receive the crown of life that God has promised to those who love him." James 1:12

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.