

Habits

Part Three: Stopping

We rarely end up at the wrong place because of one bad choice.

- Judges 16:1; James 1:21

How Do We Break Bad Habits?

- Acknowledge it.

- Good habits: start difficult with payoff in the future.

- Bad habits: immediate perceived payoff, negative results later.

- Make it difficult to do.
- Judges 16:1; James 1:21

Watch for the five major triggers.

- Place.

- Time.

- Mood.

- Moment.

- People.

- Proverbs 13:20; 1 Corinthians 15:33; Zechariah 4:10

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Habits, Part Three: Stopping

Small decisions lead to small disciplines, and that leads to big results.

Change isn't easy, but it isn't impossible, either. Your future self is a result of the decisions you make each day. Today we conclude this three-part series, and we've been seeing how a few small habits can change how you see yourself today and can transform you into the person you want to be tomorrow. For this series we are relying heavily on teaching from pastor and author Craig Groeschel, as well as some other book resources, which you can find in the footnotes¹ of the manuscript.

But if you remember, we started out talking about "Who Before Do" ... meaning, before you focus on changing behaviors, whether it's creating good behaviors or changing bad ones, you need to focus on who you want to become. Who is the person I want to be, who is the person that God wants me to be? Then I can focus on what I need to do. Who before do.

When I went to college after high school, I felt that I was called to be a pastor, so I went to Northwest Nazarene University, and I began studying for a bachelor's degree in Religious Education. I was not very old as a Christian – less than two years old, so I didn't know exactly what a "call to ministry" was, but I obeyed what I knew God was calling me to. Well, along the way I had the opportunity to work for the Oregon State Police, out of the Newport district office and then the Eugene district office. And I loved it. I loved every part of it. I loved dealing with people. If you can write someone a ticket for speeding, and when you hand them the ticket they thank you for it, you know you're doing your job right! I loved the challenge of dealing with dangerous and life-saving situations when you have to make the right decision and you have to make it in an instant; I found that I was good at that. So now I had a dilemma; do I pursue the call to ministry, or do I pursue a career in law enforcement? Not to mention that my dad was a commander in the Oregon State Police at the time, and I knew he was proud of me. He also was not a Christian at the time, so I wasn't sure what he thought about me going into ministry. So what did I do? I projected out to the end of my career and thought about what it would be like. If I chose the State Police, when I got to be 70 and looked back, what would I think of my life? And when I weighed all the factors, I knew I would be able to say, "I lived a good life. I made a difference in the world. I enjoyed what I did. I made my dad proud." Those are all really good things!

But then I ran out what I would think if I had spent my life in ministry; what would I think when I looked back at my life? I knew in that moment that I would look back and say, "I did what I was created to do." I thought about *who* God wanted me to be, so I made decisions and disciplined my life to become that. Who before do. Not that being in law enforcement is less important than what I do – I pray for our police officers; they have a very difficult job

¹ *Habits*, Craig Groeschel, open network, *The Compound Effect*, Darren Hardy; *The Power of Habit*, Charles Duhigg; *Atomic Habits*, James Clear

to do, especially these days. What they do is very important – if that is what God is leading them to do. So don't get me wrong; if you are a teacher or a welder or a counselor or a truck driver, the Bible says:

“Whatever you do, do it with all your heart, as working for the Lord.” (Colossians 3:23)

But I tell you that story because when I figured out my “who” I was able to carry out my “do.”

Then last week Pastor Casey did an outstanding job, sharing with us about “starting” – in light of who I want to become, what is *one thing* that I can start in order to move in that direction.

If you were with us two weeks ago, we mentioned that one expert reminds us that almost everybody has similar goals. If I sit down with a hundred of you and ask you, what do you want to do, what do you want to accomplish, most of you would say some form of the same thing. You want to be in good health, you want to have great relationships, if you're a Christian, you want to be close to God, you want to make a difference in this world, you want to be financially strong, you want to be generous. I don't know anybody who would state a negative goal, I don't know anybody who would say, my lifetime goal is to always struggle financially, and live paycheck to paycheck. I don't know anybody who would say that. I can't imagine somebody saying, I hope to gain five pounds every year, over the next 20 years, so that I can struggle in the latter half of my life with my weight and health. I can't imagine anybody doing that. I can't think of anyone ever who would say, I have a five-year goal to become a raging addict. If I can just become addicted to something, I could potentially wreck my marriage, I could hurt my children, I could lose relationship with all the people that I love, wouldn't it be amazing for me to become addicted to something? *Nobody* does that.

Okay, let me tone it down a bit and not be so dramatic. I don't know anybody who says, I want to just work for years and years at a dead-end job, something I don't care about at all. I want to live a passionless life, I want to get toward the end of my life and say I didn't really accomplish anything, but one thing I *do* have is regrets.

I don't know anybody who wants to end up like that. What's so crazy interesting to me, when I think about it...

We rarely end up at the *wrong place* because of *one* bad choice.

There's almost nobody that ruins their life because of one really bad decision. The vast majority of people don't ruin their lives because of one really stupid decision. The vast majority of people ruin their lives one small decision, one bad step, one bad habit, one day at a time, over a series of years, they end up in a really bad place.

When people talk about that person, they will summarize a lifetime of bad decisions in one sentence. Have you ever noticed that? Someone will summarize a whole decade of bad decisions. They'll say, “well, you know, she fell into sin, and she cheated on her husband, and they ended up divorced.” One sin in summary, but all sorts of steps that led to that bad place. Or, “Yeah, he always struggled with his weight, so he died at the age of 58,” and they

summarize it with one sentence. Or, “He was really irresponsible and lazy, so eventually the company fired him.” But he didn't get fired because of one bad decision, it was a series of bad decisions. They'll summarize a season of bad decisions with one sentence, *but it's rarely ever just one event*.

Even the Bible has some of those summary statements. There's one of them that is really profound, and it's found in Judges 16:1. It summarizes what became a series of bad decisions for Samson. If there was any guy that was born with incredible potential given to him by God, it was Samson. He was literally like a divine super-hero; he had super strength and could easily defeat Israel's violent enemy, the Philistines. God gifted Samson to live his life as Israel's defender. And yet, because of one bad decision, one step, one bad habit, one day at a time, he ended up in a life that completely fell apart. Judges 16:1 is a summary sentence:

“One day Samson went to Gaza, where he saw a prostitute. He went in to spend the night with her.” (Judges 16:1, niv)

One sentence summarizes the trajectory downward for the life of this guy – a guy that was incredibly gifted by God. One day, Samson went down to Gaza, where he saw a prostitute.

You may not know the geography of ancient Israel, but Gaza was 25 miles from Samson's hometown, Zorah. Gaza was the Philistine headquarters where Samson was Public Enemy Number One. For Samson to go into Gaza, was to put his life at risk. There's something historians have discovered about the time when Samson lived, and that's that there was no Uber. So, we can assume that the main option for travel was that Samson might have walked 25 miles into enemy territory to see a prostitute. How many people walk 25 miles into a place that could kill you, just to get a little squeeze? ...I don't know what the right way to say it is, but to get a little whatever you want to call it. Who does that? The answer is, *people do it every single day*.

How? Let me ask you this: how long does it take to go 25 miles, how many steps do you have to take? I did the math, and to go 25 miles it takes approximately 56,250 steps. I would submit to you that Samson didn't ruin his life all at one time. But yet, in that instance, he took 56,250 steps in a direction that would begin a life of spiraling downward and out of control.

Most of us don't wreck our lives all at once. How do we do it? We do it one bad decision, one wrong step, one bad habit, one day at a time. And that's why we're talking about our habits. Again, we started out with “Who before do,” then we talked about starting with one good habit, so today here's the question and the point of application: based on who you want to become, *what one habit do you need to break?* What *one* habit is unhealthy, maybe unhelpful, perhaps even ungodly, that's taking you in a direction that ultimately you do not want to go. What one habit, based on who you want to become or who God wants you to be, what one habit do you need to break?

I like what James in the Bible said about filthy and bad habits, in James 1:21 –

“Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.” (James 1:21, niv)

He said, get rid of them all. Get rid of every filthy habit, and all wicked conduct. You're not

going do it on your own, what do you have to do? You're going to submit yourself to God and accept the word that he plants in your hearts, which is able to save you. You are going to submit to God and start obeying his Word.

What one habit do you need to rid yourself of, to become who God wants you to become? We're going to talk about how to do that today. Before we talk about how, let's talk about what. What is the one habit that you need to break?

What is that one habit you need to break, and then how are you going to break it? We need to define it. You cannot defeat what you cannot define. What is the one for you? As you think about it, you might say, "Well, I've got about 27 I need to break." Don't say 27, if you try to do 27, you'll do zero. We're going to talk about one. What's your one? If you are going to break it, you need to...

How Do We Break Bad Habits?

Acknowledge it.

Be specific about it. You may have a problem with a bad attitude, a complaining heart, maybe a gossiping tongue. What is it that you want to break? It could be an eating issue, maybe you starve yourself, or maybe you eat too much. Maybe you eat too much sugar, maybe you eat too much chocolate, maybe you eat too many snacks, maybe it's an eating issue. It could be a technology addiction. Maybe you're addicted to video games. It's kind of fun and games at first, but now it's taking over your life, and it's hurting your relationships, and it's a little bit out of control. Maybe it's social media, scroll, scroll, click, scroll, like, scroll, scroll, scroll, click, like, scroll, click, on and on and on. Maybe it's binge-watching too much Netflix. Maybe it's pornography. You've tried to quit. You promised you wouldn't do it again and you haven't quit. Maybe it's just your mobile device. You know, it's like you can't be away from that thing. You're wasting your life looking at a screen. Maybe it's a substance. Maybe you're addicted to sugar, maybe to nicotine, maybe to an illegal substance, maybe prescription medication. I don't know what it is. But based on who you want to become, what one habit do you need to break? Acknowledge it specifically.

Let's talk for a minute about why this is difficult, because that gives us insight into how to do it. Have you noticed, there's a difference between why a good habit is difficult to start, and a bad habit is difficult to break? Have you noticed that...

Good habits start difficult and then the payoff is in the future?

A good habit is challenging at first, and then the payoff, the win, is somewhere in the future - have you noticed that? For example, you're want to start jogging. And so, in the morning, you're going to get up, your alarm goes off and it's so early. But you put your stuff on, and you have such high hopes, and you get outside and it's not great, it's cold, and it's hard, it's difficult. And you do this for a while, and you see no payoff, but you do it for a consistent time, and then seven months later, you wake up and realize, "I'm down nine pounds!" It's difficult at first, and the payoff is somewhere out there in the future.

Or you decide you're going to be plugged in to God's house, the church, you're going to be involved. It's difficult at first. You realize, "I need to get up on Sunday morning. And I need to join a small group. I need to start serving and giving. And you don't see an initial payoff. And then a year later you wake up going, "I had no idea I could ever be this close to God. And I've got this supernatural peace and his word is dwelling in me. And I'm being conformed to the image of Christ, and I've got amazing friends around me, we're doing life together. And I'm using my gifts to make a difference." It didn't happen after two weeks. It took some time. It's difficult at first and the payoff is in the future.

Bad habits though are the opposite, right?

Bad habits have an immediate perceived payoff, but the negative results come later.

It's fun to do what's wrong at first. Sin can be fun. How many of you agree? Some of you don't want to agree that sin can be fun. If you don't think it is, either you didn't do it right or you're lying. I don't know which. But that's the whole point of why Adam and Eve messed up; it was enticing to them. That's why the Bible says that sin is sweet and seems right and is pleasurable for a season (Proverbs 9:17, 14:12, Hebrews 11:25). It can be fun and then it's not, then it messes you up. So there's a perceived benefit, but the negative payoff comes in the future.

So you might think, I'll just take a toke of marijuana. It feels good; it makes you feel relaxed. And then years later your brain is muddy, and you don't have any motivation and you eat too many brownies and Doritos. You might justify it and say, "It's not against the law." Listen: just because it's legal doesn't mean it's good for you. Maybe this is just my opinion, but I don't think so: the state of Washington didn't legalize marijuana because it's good for you. They legalized it so they could tax it and make money. And it's addictive, which makes it even better, because they can keep collecting taxes from you. The same thing with cigarettes. EVERYONE knows they cause cancer; they destroy your lungs. The same thing with vaping. "But it's legal!" Yes, because it's addictive and you become a steady source of income for politicians. It feels okay, but the cost isn't until years later when they tell you bad news about your lungs.

Or maybe you're the customer of the year at the all you can eat buffet. You love the little banana pudding with the wafers in it. You eat it all. Oh it's so good for a while. And it's decades later you find out you've got type 2 diabetes. There's a perceived benefit for a little while and a negative payoff isn't until later. Do you get the point? Understanding that helps us to know how we break a bad habit.

If a good habit's difficult to do at first, what do we do?

Remember Pastor Casey told us this last week: we need to make it easy and make it obvious. Remember he talked about starting jogging, so he went to bed with his jogging clothes on.

If on the other hand the bad habit looks appealing in the short term, then what we need to do is...

Make it *difficult* to do.

We need to make it hard to do the bad habit. We don't always have the will power to resist. It's like the guy who decided he was going to stop eating donuts. But he drives by the donut shop every morning and he smells those donuts baking and he can't help but buy a dozen every day. I'm getting in trouble with Don and Julie right now! They own Doolie's. So let's say the guy decides he's going to stop doing that every day. So he says, "God, please don't let there be any parking spaces available, so I don't stop and buy donuts again." But he shows up for work with donuts anyway. And the people at work say, "I thought you were going to quit buying donuts?" And he says, "I told God I wouldn't buy them if there weren't any parking spaces, but wouldn't you know it, after the fifth time driving around the donut shop, there was a parking space!"

Do you know what I'm talking about? Am I the only person that has a hard time with donuts? Have you ever had Doolie's maple bars?!

The point is, whatever bad habit you have, you're going to need to make it difficult to do.

I love the way King Solomon phrased it in Proverbs chapter four, verse 14 about anything that's tempting, anything that's evil. He says, don't set foot on the path to the donuts. "Don't set foot on the path of the wicked or walk in the way of evildoers." *Then he says this, he says* "Avoid it, don't travel on it, turn from it, go your own way." (Proverbs 4:14-15, niv) We've got to make it difficult to do.

Researchers tell us that there's this thing called the "habit loop." Every bad habit starts with a cue or a trigger – something that causes you to say, "I want to do this." That leads to an action, and that's followed by a reward, which reinforces the trigger.

How do we break the habit? We need to remove the trigger and interrupt the action.

Let's talk for a moment about triggers. We can be triggered into a bad habit or an unhelpful action by all sorts of different things. But studies show there are...

Five major triggers

...that generally will lead us in the wrong direction. As soon as I say them, you'll recognize them.

You can be triggered by a...

Place.

Whenever you are in a particular place you are more likely to do that thing. You can be triggered by a...

Time.

There are certain times that you are prone to repeat that habit. You might be triggered by a certain...

Mood.

We'll talk about that. Or, you're triggered by a...

Moment.

Or you might be triggered by...

People.

Place, time, mood, moment, or people. Let's talk about place and time together. There's probably a place where you do the wrong bad habit, and you consistently do it at a similar place. You probably don't do that habit at certain places as well. For example, you probably don't overeat when you go to the gym. You probably don't drink beer at church. You probably don't do those things at those places. But you will overeat or drink too much beer at a Superbowl party if you're with the wrong people. It's the place. There's also a time. You probably don't binge watch pornography when you're with other people at your small group. You don't do it in that time. When might you do it? Maybe late at night or when you're a little bit feeling lonely or when you feel bored. There's probably a time and a place where you do this. Time and place really matter a lot. So if there's a time, there's a place that triggers us, we're going to try to *remove* that trigger. David in the Old Testament made a horrible mistake, and you can summarize it, wrong place, wrong time. The guy wasn't a bad guy. He genuinely loved God. You can genuinely love God but if you're in the wrong place at the wrong time you might find yourself doing something you never wanted to do. If you don't know the story in the Bible, David, the king, who loved God, committed adultery with Bathsheba and ended up having her husband murdered. Why? Wrong place, wrong time. The beginning of the story says in the springtime when kings go off to war, David stayed back at the palace. When he wasn't where he was supposed to be he ended up at the wrong place and the wrong time going up on the rooftop which happened to be his neighbor's bath time. And so he started checking it out. Wrong place, wrong time led him to see something he shouldn't have seen which led him to do something that he shouldn't have done which ended up costing him more than he ever wanted to pay. Wrong place, wrong time.

There are also moods. You know it. You're more vulnerable when you're in a certain mood. Experts will teach you to HALT, H-A-L-T. If you see a mood coming that you know you're vulnerable, you HALT. What does HALT stand for? When are we vulnerable? We're vulnerable when we're hungry, H. We're also vulnerable when we're angry. For some of us those two are the same: we just get hangry. If I get hungry, I get irritable and I'm vulnerable. L stands for lonely or when you're bored. When you find nothing going on you feel under challenged, you feel lonely, you're vulnerable. Or when you're tired. You have less strength when you're tired and so you might halt. I'm in that place, I'm in that time, I'm

in that mood where I'm more vulnerable. I need to remove the trigger and go do something else to get myself out of danger.

Then there's moments. There are certain moments when something happens after that moment you end up doing the very thing that you didn't want to do. Something happens in a moment that triggers you. You get in a fight with your husband, and you call the same three girlfriends and you have a husband bashing party. Because that's what you do after a fight with your husband. Or you go to the game with all the guys, and you drink too much, you did it last time, you did it the time before, you did it this time, you'll do it the next time. It's a moment that triggers you to do something wrong. You want to look for the moments that might trigger you and you'll need to distance yourself from the time, the place, the mood, the moment. And finally, maybe you won't like this, but it's so important: the people. The wrong people can be triggers that lead us in the wrong direction just as the right people can be triggers to lead us in the right direction. In fact studies are conclusive that the closer you are to someone the more likely you are to have the same habits as the people close to you. In one fascinating study, they tracked 12,000 people over a 32-year period. Three decades, 12,000 people. They found out all sorts of really interesting stuff. Two of those things were, if you have one friend who is significantly overweight there's a 57% more likely chance that you'll be overweight as well. One friend. On the other side, the good news is, if you have one friend that loses a significant amount of weight, one of the three closest friends to that person will also lose a significant amount of weight.

The people we hang with often shape the habits that we have. It doesn't take a study to prove this. Long before there were any research studies, Solomon said this in Proverbs 13:20 –

"If you walk with the wise, you become wise for a companion of fools suffers harm."
(Proverbs 13:20, niv)

We become like the people that we run around with.

It's almost impossible to live the right life when you have the wrong friends. That doesn't mean that we shouldn't be friends with all sorts of people, but the Apostle Paul said it very, very clearly. Don't kid yourself about the kinds of close friends you have. Paul said this:

"Don't be misled: 'Bad company corrupts good character.'" (1 Corinthians 15:33, niv)

You become like the people that you're around. If you're consistently going in the wrong direction and the people around you are going in the wrong direction, maybe you need to decide who to spend the time with. Why? We're looking to the triggers, and remove the triggers and we're going to interrupt the actions.

Change your bad habits; acknowledge one and make it difficult to do.

Let me give you an example that I share in our 102 class. By the way, that's the class where we teach you the good habits you need to grow in your faith and relationship to Christ. The next time we offer it is coming soon, write your name on a connect card or click the next steps button and give us your name and write "102" and we'll get in touch with you. But in that class, I share about a friend of mine who wanted to stop sleeping in. He wanted to start the habit of reading his Bible and praying every morning, but he had a bad habit of sleeping in. But setting his alarm didn't do any good because he just hit snooze 10 times or

shut it off. So he thought he'd make it difficult to do by putting the alarm across the room. That worked for a few days, but then he'd just lay down again. So in order to make it really difficult, he set his alarm at say 6am. Then, out in the kitchen of his apartment, he had a coffee machine that had a time on it. So he set the machine the night before and filled it with water so that it would start brewing at 6:01 am. Now you might think, "So what?" Well, the night before when he set the coffee, he put the carafe on the counter across the kitchen from the coffee pot. Now, after his alarm went off, he had to get up, go out in the kitchen, get the carafe, and put it in the coffee machine before it started brewing or else, he'd have coffee spilling all over his kitchen and probably lose his cleaning deposit. Guess what? It worked!

We're removing the trigger; we're making it more difficult to do. If you have a problem on Amazon, click click, click click, click click. How'd I just spend \$112. I don't know. Click click. What you might do is you might have a friend have your password, and you can't buy anything until you go through that friend. You just made it way more difficult to do. Let's say you continue to look at lustful images and you can't stop. So you're going to get someone else to have the passcodes to your phone. They may block Safari completely. You may not be allowed to have Instagram. You're going to make it very difficult to get; because your purity matters so much to you, you're not going to let images take you out of serving God faithfully. Remove the trigger and break the action. How do you break a bad habit? You make it difficult to do. Then you can find something else to do – you can create good habits in the places of the other ones.

If I can talk to some of you right now that you're deep into a habit. Maybe you're gambling, maybe it's some sort of addiction to alcohol or drugs or prescription medicine or some kind of sexual addiction, for you it's time for rehab. It's time for rehab. It's time to own up to it and say I'm not going to let something control my life. When you look at the direction you're going if that's not the direction you want to go, you're going to do something significant to stop it. Think about this, the habits that you have today will shape you who become tomorrow. Let that sink in. The habits you have today, they're shaping who you become tomorrow. Do you like the direction your habits are taking you? Take that bad thing, that little secret thing, that sinful thing, the thing you don't tell anybody, or that thing that's kind of annoying, whatever it is. For some of you, if you play that forward five, 10, 15, 20 years, here's what you will say in the future: you will say, I had no idea how much this was going to cost me. I never knew I would lose so much. I would give anything if I could go back in time and do something different. I never expected to lose my family, lose my house, lose my name. I didn't do it all at once. One small bad habit over time. Based on who you want to become, what habit are you going to break?

You might say, "But I feel so weak." Great! Because the Bible says that when you are weak, listen to me, that's when Christ's strength can be made perfect in you. Submit to Jesus.

Scripture says this: you're never tempted in any way that's uncommon. Our God is faithful. He will never let you be tempted beyond what you can bear. He will always give you a way out. There's always a way out. Think about Sampson. 56,250 steps in the wrong direction. But think about this: Samson also had 56,250 opportunities to stop, to turn around. To say this isn't who I want to become. This isn't the life that I want. God created me for something more. You might say, "My bad habit isn't sin. I'm not going to hit snooze on my alarm," or

"I'm not going to eat donuts. What's the big deal about that?"

Zechariah in the Old Testament says:

"Do not despise these small beginnings, for the Lord rejoices to see the work begin..." (Zechariah 4:10 nlt)

Never underestimate how God can start something special through something small. Do not despise the small beginnings, for the Lord does what? The Lord rejoices. Imagine this. If your child scores a goal or makes his bed, what do you do? You say, "Way to go!" You rejoice. Imagine God in heaven rejoicing over you when you're faithful in a small thing. God says, "Way to go. You're on the right track! You stopped going in the wrong direction. And now you're being conformed to the image of my will." Then when you start to do these small things, they're redefining your identity.

Who do you want to become? Based on who you want to become, what habit do you need to start, what habit do you need to stop? Do not grow weary in doing good, Scripture says, because at the proper time, it may be in the distance, but it will get here, the proper time, you will reap an incredible harvest if you do not give up.

Prayer

Father, work in the lives of the people that you love so much. As you reflect in prayer, what is God asking you to do? What is the habit God's calling you to break? If God is asking you to break some bad habit or sin, would you just, as an indication before God that you're going to obey him, would you with your heads bowed, raise your hand? God, I thank you that you're speaking to people and in really small ways God, that may seem even insignificant now, we're going to stop what you call us to stop. And every year, little by little by little by little as we get to know you, your word, your people, the gifts you put within us, you're going to conform us to the image of your son Jesus. God, I thank you that you're going to help us. Some are going to break generational curses, strongholds that have followed them in their family for years and years. God, I know that we will not all succeed at 100% but if we fail one day, God help us not fail two. Get back up, forgive us, empower us God to do your will. Keep your heads bowed, but as you're praying today either in this room or online, we're talking about stopping. There's some of you, guess what, today is the day for you to stop making excuses. Some of you, it's time to quit putting it off. If you look at your life, then I ask you where you stand spiritually. Some of you recognize, yeah you kind of believe in this stuff and you kind float around it, but you're not fully submitted to Christ. Today's the day you quit making excuses. Today's the day you stop putting it off. Why? Because when you recognize who God is, and how much he loves you and what he's done for you, your only reasonable response is to give him your whole life. What's our problem? Our problem is simple. We are sinful by nature. We've all sinned and fall short of God's standard. But God in his love and mercy, he became one of us in the person of his son Jesus who was born without sin. He was perfect in every way, blameless, Jesus, the innocent one died in our place, as our substitute. God raised him from the dead so that anyone, and this does include you, it doesn't matter what you've done, how dark your life is, when you call on the name that is above every name, the name of Jesus, God hears your prayers, he forgives your sins. You've been putting it off, you've been making excuses. You're here

today because this is the day of your salvation. No more delay, today by faith I turn from my sin, I give my life to Jesus, that's my prayer. I surrender to him. Everybody simply pray with them and for them. Pray after me:

- Heavenly Father,
- Forgive all my sins.
- Change me.
- Make me new.
- Jesus be the savior of my life.
- The Lord of my heart.
- Holy Spirit fill me.
- So I could follow you.
- Live like you.
- Show your love.
- Do your will.
- My life.
- Is not my life.
- I surrender it to you.
- Thank you for new life.
- You have all of mine.
- In Jesus' name I pray.

Pastor Jason, Benediction