

WHY CAN'T I STOP?
God, I Have a Question #2
April 14, 2024

Big Idea: Practicing the _____ of _____ will change your habits.

STEPS TO CHANGING YOUR HABITS

1. Identify your habit _____.
 - What are you _____ right before your habit?
 - What _____ right before your habit?
2. Identify your _____ that gets rewarded. (1 John 2:15-16; Gal. 5:17, 19-21)
3. Following Jesus helps you replace _____ routines with _____ ones. (Phil. 4:6-7; 1 Cor. 6:18; 2 Tim. 2:22; 1 Cor. 9:27)
4. Following Jesus gradually changes your _____. (James 1:14-15; Psalm 37:4; Gal. 5:16-17)
5. Following Jesus connects you with a _____ of _____.
 - _____ for you to follow.
 - _____ that you can change.
 - _____ to ask questions.
 - _____ to stay on course.
 - _____ to persevere.

DAILY REFLECTIONS ON CHANGING BAD HABITS

Monday

Read Proverbs 5. Do you see the habit “cue, routine, and reward” in verses 1-5? This applies to both physical immorality and porn. What routine does Solomon recommend (v. 8) that aligns with 1 Cor. 6:18? What other healthy routine does Solomon give (v. 15-19). Compare with 1 Cor. 7:1-9? Does this apply to a sinful habit you struggle with?

Tuesday

Read Pro. 23:29-35. Does this pattern sound familiar? What change of routine is suggested in v. 31? Rather than looking to alcohol to medicate pain, what better routine is suggested in Pro. 3:1-6? See also Psalm 1:1-4. If you have a problem with substance abuse, choose prayer and Bible study as your new “drug of choice”.

Wednesday

Read Gal. 6:16-26. What drives the list of addictive behaviors in v. 19-21? (See v. 17 & 19.) How can following Jesus help you break these habits (v. 16)? What new fruit/reward is promised to those who “walk by the Spirit”? BTW, the word “fruit” is singular in the original Greek. All the fruit comes together.

Thursday

Read Eccl. 5:10-12 and Psalm 127:1-5. Ambition to succeed is a good thing, but it can lead to destructive behaviors like workaholicism which destroys health and relationships. What important routine is suggested in each of these passages? How are you doing at practicing it?

Friday

Read Acts 2:42-47 and Hebrews 10:19-25. How did the early believers leverage the power of community to transform bad habits into godly ones. Are you in a small group? How are you finding and providing an example to follow, faith for life change, a safe place to ask questions, accountability to stay on course, and encouragement to persevere?