

# Overcoming Habits

*“And those who are Christ’s have crucified the flesh with its passions and desires.” Galatians 5:24 (New King James Version)*

Habits are a \_\_\_\_\_ force in the lives of \_\_\_\_\_ person.

## Struggling With Bad Habits

A. Examples from the Bible:

1. 2 Kings 17:40,41 - The \_\_\_\_\_ worshiped the \_\_\_\_\_, but followed their \_\_\_\_\_ rituals.
2. Jeremiah 13:23 - The people of \_\_\_\_\_ weren’t going to do good when they were \_\_\_\_\_ to do \_\_\_\_\_.
3. Romans 7:18-24 - Paul \_\_\_\_\_ with sin in his life. He knew what was \_\_\_\_\_, but often did what was \_\_\_\_\_.

B. Are there bad habits in our lives?

1. The list of habits that could be labeled “bad” is a long one, including:  
  
2. If we’re \_\_\_\_\_, we’ll all find habits that should be changed.

C. Romans 7:25 - Paul said that \_\_\_\_\_, through \_\_\_\_\_  
\_\_\_\_\_ our \_\_\_\_\_, can deliver us.

## How To Overcome Bad Habits

A. Recognize the problem with bad habits:

1. Romans 6:16 - Are we \_\_\_\_\_ to sin or to \_\_\_\_\_?
2. Matthew 6:24 - We can’t \_\_\_\_\_ two \_\_\_\_\_.
3. Lee: “First we \_\_\_\_\_ our habits, and then our \_\_\_\_\_  
\_\_\_\_\_ us.” Is that how it should be?

B. In Christ let your old life be crucified:

1. Galatians 2:20 - It was no longer \_\_\_\_\_ that lived, but \_\_\_\_\_.  
He lived this life by \_\_\_\_\_.
2. Galatians 5:24 - All who are \_\_\_\_\_’s must \_\_\_\_\_  
the flesh with its \_\_\_\_\_ and \_\_\_\_\_.
3. Matthew 16:24 - To \_\_\_\_\_ Christ we must \_\_\_\_\_ ourselves.

C. Walk in the Spirit:

1. Romans 8:1 - No \_\_\_\_\_ to those who walk in the \_\_\_\_\_.
2. Galatians 5:24,25 - \_\_\_\_\_ in the Spirit = \_\_\_\_\_ in Him.
3. Romans 12:2 - We’ll be \_\_\_\_\_ by \_\_\_\_\_ our  
minds.

Do I want \_\_\_\_\_ to come while I’m engaged in this \_\_\_\_\_?

*Central Church of Christ, Johnson City, TN, April 27, 2008, a.m.*