

Faith that Replaces My Bad Habits

James 2:18 (GNB) — 18 *But someone will say, “One person has faith, another has actions.” My answer is, “Show me how anyone can have faith without actions. I will show you my faith by my actions.”*

✓ Faith that _____

James 1:13–16 NIV. *When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. ¹⁶ Don’t be deceived, my dear brothers and sisters.*

✓ We are not _____ to temptation.

1 John 5:4–5 NLT *For every child of God defeats this evil world, and we achieve this victory through our faith. ⁵ And who can win this battle against the world? Only those who believe that Jesus is the Son of God.*

Steps to Replace Bad Habits with Good Habits

1. Learn your _____

Hebrews 12:1 NLT *... let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*

Food... Drinking... Sleep... Shopping...

Binge TV... Gaming... Drugs...

Gambling... Porn... Over-controlling...

Withdrawing... Angry Outbursts

2. Learn your _____

Proverbs 4:23 NLT. *Guard your heart above all else, for it determines the course of your life.*

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 your _____

Proverbs 14:8 The Living Bible *The wise man looks ahead. The fool attempts to fool himself and won't face facts.*

- ✓ _____ am I most tempted?
- ✓ _____ am I most tempted?
- ✓ _____ is with me when I am most tempted?
- ✓ _____ temporary benefit do I get if I give in?
- ✓ _____ do I feel right before being tempted?

4. Plan to _____

Proverbs 4:26–27 GNB. *Plan carefully what you do, and whatever you do will turn out right. ²⁷ Avoid evil and walk straight ahead. Don't go one step off the right way.*

Phil 4:13 *I can do all things through Christ who gives me strength.*