

# Dynamics Of Discipleship

## Pt 8 – Freedom From Bad Habits

### Jer 13:23 (CEV)

**23** *Can you ever change and do what's right? Can people change the color of their skin, or can a leopard remove its spots? If so, then maybe you can change and learn to do right.*

### 2 Pet 2:19 (TCNT)

**19** *They promise them freedom, while they themselves are slaves to corrupt habits; for a man is the slave of anything to which he gives way.*

## A. How Do We Identify A Habit?

1. "A continual, often unconscious inclination to do a certain activity, think and respond a particular way, acquired through frequent repetition" – Rom 7:15 (TCNT)

**15** *I do not understand my own actions. For I am so far from habitually doing what I want to do, that I find myself doing the very thing that I hate.*

## B. Why Are Habits Powerful?

### 1. Bind you

- John 8:34 (Amplified)

**34** *Jesus answered them, I assure you, most solemnly I tell you, Whoever commits and practices sin is the slave of sin.*

### 2. Becomes 2<sup>nd</sup> nature

- "You form your habits, then the habits form and shape you."
- Provb 24:30-34 (CEV)

**30** *I once walked by the field and the vineyard of a lazy fool.*

**31** *Thorns and weeds were everywhere, and the stone wall had fallen down. **32** When I saw this, it taught me a lesson:*

**33** *Sleep a little. Doze a little. Fold your hands and twiddle your thumbs. **34** Suddenly poverty hits you and everything is gone!*

### 3. Bring damage and destruction

- Judges 16:15-21 (NLT)

**15** Then Delilah pouted, "How can you tell me, 'I love you,' when you don't share your secrets with me? You've made fun of me three times now, and you still haven't told me what makes you so strong!"

**16** She tormented him with her nagging day after day until he was sick to death of it.

**17** Finally, Samson shared his secret with her. "My hair has never been cut," he confessed, "for I was dedicated to God as a Nazirite from birth. If my head were shaved, my strength would leave me, and I would become as weak as anyone else."

**18** Delilah realized he had finally told her the truth, so she sent for the Philistine rulers. "Come back one more time," she said, "for he has finally told me his secret." So the Philistine rulers returned with the money in their hands.

**19** Delilah lulled Samson to sleep with his head in her lap, and then she called in a man to shave off the seven locks of his hair. In this way she began to bring him down,<sup>[a]</sup> and his strength left him.

**20** Then she cried out, "Samson! The Philistines have come to capture you!" When he woke up, he thought, "I will do as before and shake myself free." But he didn't realize the LORD had left him.

**21** So the Philistines captured him and gouged out his eyes. They took him to Gaza, where he was bound with bronze chains and forced to grind grain in the prison.

## C. How To Break Free?

1. Confess that you have a problem

- Psa 51:1-4 (TNIV)

**1** Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

**2** Wash away all my iniquity and cleanse me from my sin.

**3** For I know my transgressions, and my sin is always before me.

**4** Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

2. **Combat** your bad habits with God's power

- Isa 40:29-31 (Amplified)

**29** *He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound].*

**30** *Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; **31** But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.*

3. **Cultivate** Godly habits

- Spiritual disciplines
- Spiritual fellowship
- Provb 27:17 (NCV)

**17** *As iron sharpens iron, so people can improve each other.*

**Sow a thought, reap an ACT**

**Sow an act, reap a HABIT**

**Sow a habit, reap a CHARACTER**

**Sow a character, reap a DESTINY**