

OVERCOMING HARMFUL ADDICTIONS & BAD HABITS

- I. What is a harmful addiction?

- II. What are examples of addictions that you or someone close to you has suffered from?

Some Biblical Principles

- 1) A person is a slave to whatever has mastered him (2 Peter 2:19; John 8:31-36). What has mastered you?

We should not be mastered by anything other than God (1 Corinthians 6:12-13).

- 2) We need to believe that we can do anything (including overcoming an addiction) through Jesus Christ (Philippians 4:13; Hebrews 13:5; Matthew 11:28-30). We need to believe that NOTHING IS IMPOSSIBLE WITH GOD! (Luke 1:26-37)

- 3) We need to use our weapons of Prayer, Faith, and the Word (Proverbs 16:3; Philippians 4:6-7; Hebrews 4:14-16; Joshua 1:8; Psalms 119:11).

- 4) We should avoid bad company (I Corinthians 15:33).

- 5) We should become accountable to a group of godly people and meet regularly with them (Proverbs 27:17; Ephesians 5:21; Jeremiah 5:16).

- 6) When we do sin, we should confess, repent, and resist future sinning; there is a place for confessing our sin to others (I John 1:9; Romans 6:11-14; Proverbs 28:13; James 5:16).

- 7) We should remember that no temptation is too great; there is always a way of escape (I Corinthians 10:13).

- 8) We need to remember who we are -- a child of God and a new creation! (2 Corinthians 5:17; I John 3:1).

- 9) We should CHOOSE to do everything for the glory of God (I Corinthians 10:31), and to offer our body as a living sacrifice to Him (Romans 12:1). We should pursue purity & holiness (2 Corinthians 7:1).
- 10) We should be filled with the Holy Spirit, which produces the fruit of the Spirit in us which includes Self-Control (Galatians 5:22-23). [We are filled via faith, prayer, turning from sin, etc.].
- 11) We can win the war by winning the battle of the mind. Remember: Desire (mind) → Sin (actions) → Death (physical, relational, spiritual) [James 1:13-15]

Steps for victory:

- a. Take every thought captive immediately (2 Corinthians 10:5)
- b. Immediately fill the mind with wholesome thoughts (Philippians 4:8; Isaiah 26:3)
- c. Renew your mind, through meditation on God's word (Joshua 1:8; Psalms 1:1-2; Romans 12:2; Hebrews 4:12)

Specific Addictions

- 1) Excessive drinking (Proverbs 20:1, 23:20-21, 29-33; Ephesians 5:18)
- 2) Gambling & Greed (I Timothy 6:6-10; Hebrews 13:5; Joshua 7:24-26; Proverbs 15:27, 28:20, 28:25)
- 3) Inappropriate Sexual expression (Malachi 2:15; Hebrews 13:4; I Corinthians 6:15-20).