

# Talk Is Cheap! Putting Our Faith Into Action

## Real Faith Overcomes Bad Habits

*God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. So don't be misled, my dear brothers and sisters.*  
James 1:12-16 (NLT)

## 2 Truths to remember when breaking bad habits:

### 1. I am not powerless over my bad habits

*Loving God means to obey His Word, and His Word is not hard to obey. Every child of God has power over the sins of the world. The way we have power over the sins of the world is by our faith. Who could have power over the world except by believing that Jesus is the Son of God?*

1 John 5:4-5 (NLT)

### 2. God will help me overcome my bad habits

*"When temptations come into your life remember that they're no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able to withstand it." 1 Corinthians 10:13*

*The Lord who rules over all says, "Think carefully about how you are living." Haggai 1:5 (NIRV)*

### 3 Questions to ask about my bad habits:

#### 1. What do I do by default?

*“We should remove from our lives anything that gets in the way (of our spiritual growth) especially those persistent sins that so easily distract us...” Hebrews 12:1*

#### 2. What triggers me?..

physical, mental, emotional, or social cues?

*“Above all else, guard your heart, for it affects everything you do.” Proverbs 4:23 (NLT)*

#### 3. What are my self-defeating patterns?

*“The wise man looks ahead. A fool tries to fool himself and won’t face facts.” Proverbs 14:8 (LB)*

- When am I most-tempted?
- Where am I most-tempted?
- Who is with me when I’m most tempted?
- What’s the pay-off for giving in to that temptation?

### 4 Steps to break bad habits:

#### A. Go to God first

*“Call to me when trouble comes and I will save you...” Psalm 50:15 (TEV)*

*“(Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. So let us come boldly to...our gracious God. There we will receive his mercy, and grace to help us when we need it.” Hebrews 4:15-16*

## **B. Plan to avoid tempting situations.**

*“PLAN CAREFULLY what you do... Avoid evil and walk straight ahead. Don’t go one step off the right way.”*

Proverbs 4:26-27 (TEV)

## **C. Refocus my attention on something good instead.**

*“Don’t let evil conquer you, but conquer evil with good.”*

Romans 12:21 (GW)

*“We capture every thought...and we make it obey Christ!”*

2 Corinthians 10:5 (NCV)

## **D. Get a coach, and on a Training Team**

*“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more.”*

Hebrews 10:25 (TEV)

*“Two are better than one, because together...if one falls down, the other can help him up. Ecclesiastes 4:9 (TEV)*

*“God blesses people who continue strong when they are tempted. They will receive the crown of life that God has promised to those who love him.” James 1:12*