

Fathers' Studies: Personal Growth

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 8 OF 52

OVERCOMING SINFUL HABITS

LESSON AIM: To learn God's plan for overcoming sinful habits.

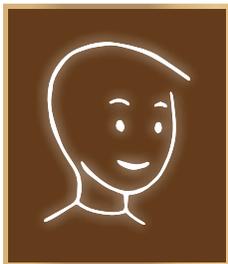
KEY VERSE:

1. **ROMANS 6:16, 19** Habits make slaves of us. We can break a bad habit by making a good one. Instead of giving ourselves to sin, we must give ourselves to _____ .
2. **ROMANS 7:15, 19** These verses tell us how strong sinful habits are. Even though we want to do what is right, what do we do instead? _____

3. **ROMANS 6:21, 23** Sinful habits lead to _____ . But God wants to give you the free gift of _____ .
4. **ROMANS 6:11** Think of yourselves as dead to sin but with a new life in _____ .
5. **ROMANS 8:13-14** If you belong to God, you have the help of the _____ to overcome sinful habits.

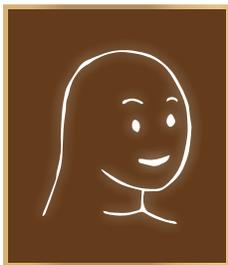
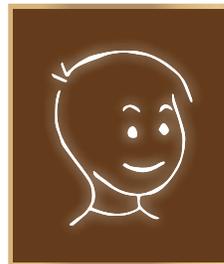
PERSONAL NOTES:

For You To Do



By Yourself

Memorize Romans 6:12-15, which are victory-over-sin verses. Then use them when you are tempted.



With Your Wife

Ask your wife to pray for you to have perseverance on overcoming the destructive habit. Assure her that you will find a trusted accountability partner to overcome the habit.

With Your Children

Think of one bad habit that you would like them to break. Plan some ways of praising your children or rewarding them for each day when they do not show their bad habit.

OVERCOMING SINFUL HABITS

LESSON 8 OF 52

God does not want Christians to be controlled by sinful habits. He wants Christians to live a good life in the freedom that the Holy Spirit gives. Yet many Christians find themselves tied down to habits they wish they could break. Here are some steps of action that will help break sinful habits.

MEMORIZE ROMANS 6 AND 8. These are victory-over-sin chapters. When you put them into your mind, they can make spiritual fruit grow in your life (see Galatians 5:22-23). This spiritual fruit will help you break sinful habits.

MAKE THESE VERSES YOUR OWN PRAYER. For example, pray the words of Romans 6:1-2. "What does this mean? Shall I keep on sinning so that God will give me more of His loving-favour? No, not at all. I am dead to sin..." When you have done this, think of the habit that you want to overcome. Use that word in your prayer in place of "sin". For example, if you have the habit of complaining, pray, "What does this mean? Shall I keep on complaining..."

GET RID OF THINGS THAT TEMPT YOU. You may also have to get rid of "look-alikes" If your habit is looking at sex magazines, you may have to stop looking at all magazines until your habit is broken.

ASK A FRIEND TO CHECK UP ON YOUR PROGRESS. Ask your wife, your pastor, or a mature Christian friend to do a weekly check-up on your progress in breaking your sinful habit. Tell this person exactly what habit you are trying to overcome and what questions you want him to ask you.

LISTEN TO THE HOLY SPIRIT AND OBEY HIM.

ROMANS 6:1-4,19; ROMANS 8:2, GALATIANS 2:20, COLOSSIANS 3:1-3

IF YOU DO WHAT YOUR SINFUL OLD SELVES WANT YOU TO DO, YOU WILL DIE IN SIN. BUT IF, THROUGH THE POWER OF THE HOLY SPIRIT, YOU DESTROY THOSE ACTIONS TO WHICH THE BODY CAN BE LED, YOU WILL HAVE LIFE. (ROMANS 8:13)

**Memorize
God's Word.**

Pray God's Word.

**Remove things
that tempt you.**

**Plan a check-up
time.**

WINDOW TO LIFE

Bob had a habit of listening to evil music. He felt tied down to it. After he memorized Romans 6 and made it his prayer, things changed. He felt free from the slavery of evil music and had a new joy in his heart. The desire to listen to it left him. He burned the CD's that had this music, and deleted them from his ipod, and computer. Bob now has less temptation in other areas of his life. He feels a new freedom in his spiritual life since he broke this sinful habit.

