



# Word of God Ministry Church Under The Son

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## Bad Habits

Human beings are creatures of habit. Many of our practices become automatic; we are sometimes unaware that we do certain things or that we do them in a specific way. The term bad habits covers a wide range of negative behavior and could be defined as anything that hinders Christian growth or offends others. A few of these behaviors are envy, jealousy, hatred, gossip, lying, criticism of others, selfishness, impatience, arguing, and procrastination. Or we might engage in compulsive behaviors, such as eating, drinking, spending, or working excessively. It is important to understand that, while we may call these bad habits, they are more serious than that; they are often sin.

- Bad Habits Are Often Sin

*Romans 7:18-20* <sup>18</sup>For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. <sup>19</sup>For the good that I will do, I do not do; but the evil I will not do, that I practice. <sup>20</sup>Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.

Bad habits are frustrating. Though we try our best to stop them, we often feel trapped. Many people eventually give up, resigned to think that change is impossible. But change is possible.

God promises to bring about change in your life when you trust Him. The first step is to begin a relationship with God. Without that relationship, you do not have the power to bring about the change that God promises. When you invite Him into your life, you have forgiveness for past sin, as well as strength from the Holy Spirit to resist sin today. The Holy Spirit works to transform us into the people that God created us to be - people pleasing to Him.

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- Change Is Possible

*Philippians 4:13* <sup>13</sup> *I can do all things through Christ who strengthens me.*

No problem or struggle is too great for God. He wants to free you from the traps of this world, including the bad habits that can keep you from growing into who He created you to be. He wants to make you more like Himself and give you victory in your areas of weakness.

As you humbly admit your shortcomings to God, you open the way for His power to work in your life. The Bible gives clear, practical advice for exchanging your sinful habits for godly behavior: *“Put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and . . . put on the new man which was created according to God, in true righteousness and holiness” (Ephesians 4:22-24).*

Memorizing Bible verses can be a great help in practicing this principle. Bible study and prayer are also extremely valuable in exchanging bad habits for good ones. As God’s thoughts invade your mind, your actions will begin to change.

- Support And Accountability From Other Christians

*Colossians 1:9-11* <sup>9</sup> *For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding;* <sup>10</sup> *that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God;* <sup>11</sup> *strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;*

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Paul, the author of this book, had established a close friendship with these Christians. One indication of Paul's love was that he constantly prayed for them. His goal was for those believers to become mature and wise in the Lord, bearing much spiritual fruit. This same kind of encouragement is available to you when you develop relationships with other believers in Christ, usually through the Church.

Friendship with other Christians allows opportunity for sharing problems, prayers, and victories. As you begin to share your experiences - the fruit of your Bible study and your personal victories - you gain strength to exchange bad habits for ones that please God and serve others. The Church is a good place to develop relationships that will help you "walk worthy of the Lord" (verse 10).

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