

HOW TO BREAK A BAD HABIT

"... they are slaves of destructive habits -- for a man is a slave of anything that has conquered him." 2 Peter 2:19

HOW TO B.R.E.A.K. F.R.E.E.

1. BEGIN _____

"Never boast about tomorrow. You don't know what will happen between now and then." Proverbs 27:1

"If you wait for perfect conditions, you'll never get anything done!" Ecclesiastes 11:4

2. REFUSE _____

"Some people ruin themselves by their own stupid actions and they blame the Lord." Proverbs 19:3

3. EXAMINE _____

"Let us examine our ways and test them, and return to the Lord." Lamentations 3:40

"My dishonesty made me miserable and filled my days with frustration ... until I finally admitted my sins and stopped trying to hide them ... and God forgave me! All my guilt is gone!" Psalms 32:4-5

4. ASK _____

"Don't let sin control your body any longer; don't give in to its sinful desires... But give yourself completely to God -- every part of you -- to be used for His good purposes." Rom 6:12-13

5. KEEP AWAY _____

"Don't give any chances to the flesh to have its fling." Romans 13:14

"Plan carefully what you do ... avoid evil ... " Proverbs 4:26-27

6. FOCUS _____

"Be careful how you think; your life is shaped by your thoughts." Proverbs 4:23

"Fill your mind with things that are good and deserve praise; things that are true, noble, right, pure, lovely, and honorable." Philippians 4:8

7. RESTORE _____

"As far as your responsibility goes, live at peace with everyone." Romans 12:18

8. ENLIST _____

"Two are better off than one, because together ... if one of them falls down, the other can help him up. But if someone is alone and falls... there's no one to help him." Ecclesiastes 4:9-10

"Confess your sins to each other and pray for each other so that you may be healed." James 5:16

9. EXTEND _____

"God helps us in all our troubles, so that we are able to help others in trouble, using the same help that we ourselves have received from God" 2 Corinthians 1:4

"If a person is trapped in some sin, you who are spiritual should restore him gently. But watch yourself; you also may be tempted. Carry each other's burdens, and in this way you fulfill the law of Christ." Galatians 6:1-2

"God keeps His promise; He will not allow you to be tempted beyond your power to resist; at the time you are tempted He will give you the strength to endure it, and so provide you with a way out." 1 Corinthians 10:13