

How To Conquer Captivating Habits

The Physical and Psychological Level

1 Corinthians 6:12

Introduction:

- A. Addictive behaviors often times begin with a self-i_____ problem.
1. If we put our identity at the mercy of others or of things, we will live an un_____ life.
 2. If we trust the identity that God has given us in Christ, it will motivate us to do what is r_____.
 - a. 1 Cor 5:17 – you are a new creation in Christ. The old is gone and so the past no longer d_____ you.
 - b. Rom 8:17 – God calls us His children and His h_____. There is no higher status.
 - c. 2 Tim 2:21 – God sets us apart to serve His eternal p_____. There is no higher calling.
- B. Some addictive behaviors begin with curiosity and continue because it is pleasurable. This is a w_____ problem (Rom 1:21ff).
1. Living life to please the senses usually leads to going d_____ into the addictive behavior to get the same level of pleasure (e.g. harder drugs).
 2. God created us to worship Him (love Him above all else) and so there is nothing more satisfying than being fully d_____ to Christ (Jn 10:10).
- C. Once the spiritual problem is dealt with the physical and psychological levels can be addressed.
1. The Bible views humans from three aspects (1Thess 5:23)
 - a. B_____ (Gen 2:7)
 - b. S_____ (2 Cor 5:6-8; Jms 2:26; I Pet 3:19)
 - c. S_____ (Matt 26:38,39)
 2. The solution must always flow from the spiritual to the physical or from the spiritual to the psychological.

A_____ your problem to praying Christians (Eph 6:12, 18-20)

- A. Asking others to pray is asking them to join in the war against Satan's schemes (Eph 6:12) – prayer makes a d_____
1. Paul needed b_____ in preaching the gospel (Eph 6:18-20)
 2. Paul needed this because of all the o_____ he received (2 Cor 11:23-27).
- B. What addictive habit are you dealing with?
1. Confide in a person who will pray d_____ for you.
 2. Warning – do not depend upon their prayers alone.

S_____ yourself to constant prayer (Matt 26:37-41)

- A. When Jesus was about to face the path of suffering to the cross, He told His disciples that His s_____ was deeply grieved to the point of death.
1. He was struggling p_____ (His mind, will, and emotions)
 2. He prayed intensely for an h_____ to bring His emotions and will in line with the Father's will.
- B. When Jesus finished His first session of prayer, He taught His disciples about its importance in overcoming temptation.
1. Prayer must be c_____ (Greek text – keep praying)
 2. Prayer empowers the s_____ and starves the f_____.
 3. How intense are you praying?

O_____ tempting situations (2 Tim 2:22)

- A. Paul was writing to a young pastor, Timothy and commands him to
1. R_____ from youthful lusts
 2. In other words, do not e_____ temptations.
- B. The following is the wrong way to deal with quitting addictions
1. Alcoholism – going into a b_____.
 2. Tobacco – have a smoke h_____ somewhere in the house.
 3. Overeating – r_____ through the kitchen
- C. What happens when you fail?

R_____ yourself to God (1 Jn 1:9) - Christians are to have the lifestyle of c_____ their sin.

- A. The word means to s_____ the same – in other words, we are to view our sin as God does.
1. He h_____, so you hate it – repent
 2. He views you (believer) as c_____ from all sin – accept His f_____ and move on in Christ's power.
- B. Keep everything flowing from your spirit to your physical and psychological aspects.