

Having Faith in A Crisis
Part 3-Habits
05/10/2020

- Habits
- The Secret of your Success is in Your Daily Routine
- What do you do daily?
- What are your daily habits?
- We start looking for coping strategies to ease our anxiety.

James 1:13-16 (ESV) Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. 14 But each person is tempted when he is lured and enticed by his own desire. 15 Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

16 Do not be deceived, my beloved brothers.

- How to survive
- How to escape

How To Survive Bad Habits:

1st) Know my WEAKNESS.

James 1:13 (ESV) Let no one say when he is tempted,

- We all have areas of weakness

Hebrews 12:1 (ERV) We have all these great people around us as examples. Their lives tell us what faith means. So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall.

- Temptation's always a distraction
- It's the distraction to do something less than something better
- It's the distraction to do something wrong than to do something right
- It's the distraction to do something that's actually self-defeating rather than something that is self-building
- What's my default coping device?
- What am I using to control my emotions

How To Escape:

Know Who You Are In CHRIST.

- Saints
- Faithful
- Blessed
- Chosen

- Holy
- Redeemed
- Forgiven

- Why does he do that?
- The message of Jesus - the message of the Gospel - is first and foremost an announcement of who you are!
- It's about your new identity

John 8:10-11 (ESV) Jesus stood up and said to her, "Woman, where are they? Has no one condemned you?" She said, "No one, Lord." And Jesus said, "Neither do I condemn you; go, and from now on sin no more."

- That's not the Gospel
- The Gospel is Jesus makes us new
- And if you keep telling people who they are in Christ and keep reminding them of their true identity, there's a very, very good chance they'll figure out what to do!

2 Cor. 5:17 (NKJV) Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2nd) Know My **CAUSES**.

- Learn to recognize the things that keep causing you to stumble.

Proverbs 4:23 (NIV) "Above all else, guard your heart, for everything you do flows from it.

- Physically exhausted.
- Discouraged
- Sad
- Overwhelmed
- It may sound simple, but when your basic needs aren't met, rational thinking goes out the door.
- Actions follow thoughts
- When this happens it causes us to act in a certain way

How To Escape:

Know My **THOUGHTS**.

2 Cor. 10:5 (NIV) We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Focus on what you're feeling and what you're thinking that's causing those actions.
- Every action is caused by an emotion, and every emotion is caused by a thought.
- If you want to change the way you act, you've got to change the way you feel.
- If you want to change the way you feel, you've got to change the way you think.

Romans 12:2 (NIV) Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

3 Ways To Change My Thoughts:

A) **FOCUS**

Hebrews 12:2a (NKJV) looking unto Jesus, the author and finisher of our faith,

- I look to Jesus

Psalm 23:1 (NKJV) The Lord is my shepherd; I shall not want.

B) **PRAY**

1 Peter 5:7 (NLT) "Give all your worries and cares to God, for he cares about you"

- Once you've identified them, you can hand them over to God in prayer.

C) **TRUST**

- Trust God for one day at a time.

Matthew 6:34 (NLT) "Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today"

- You can plan for tomorrow without living in tomorrow.

3rd) Know My **REACTIONS**.

- I need to learn how I'm going to react to these situations.

Proverbs 14:8 (MSG) The wisdom of the wise keeps life on track; the foolishness of fools lands them in the ditch.

- When am I most tempted?
- Where am I most tempted?
- Who am I with when I'm most tempted?
- What benefit do I get when I give in?
- How Do I feel right before I'm tempted?

Hebrew 11:25 "There's pleasure in sin."

How To Escape:

Know What To **AVOID**.

1 Peter 5:8 (ESV) Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

- The devil doesn't come dressed in a red cape and pointy horns.
- He comes as everything you've ever wished for
- If you don't want to get stung, stay away from the bees.

Proverbs 6:2 (TLB) Can a man hold fire against his chest and not be burned?