

1 Thessalonians 5:23-24

We make progress one step at a time. The important thing is our direction and motivation.

Two fundamental choices we have:

- 1) Partake of the divine nature.
- 2) Participate in the corruption of this world.

I. Bound by Bad Habits

“Avoid this rut or you'll be in it for the next 25 miles!”

II. What makes a habit?

Something we do often.

Certain compulsion to do it.

Habits don't form overnight.

Bad habits are formed without a lot of foresight.

Bad habits are like comfortable beds--easy to get into but hard to get out of.

Can we control our habits?

III. What keeps us bound to bad habits?

1) Physical

2) Emotional

3) Spiritual

- 1) Spiritual:** victory comes when we start with seeking God's forgiveness and cleansing.

Romans 12:2

Ephesians 4:22-23

Colossians 3:2

- 2) Emotional:**

Find a new source of personal identity and worth in things of God

- 3) Physical:**

- a) Seek the help of God**

- b) Seek the help of Others**

- c) Distance yourself from one holds you down.**

IV. How can we change our habits?

- 1) God has given promises
- 2) We must make every effort add virtue to our faith.

- 3) When we are headed in the right direction, we will find these qualities increasing

V. Developing Holy Habits

1) Flee from sin and flee to God.

2 Peter 1:4

1 Timothy 6:11

2) Change the direction and the environment in which we live

Matthew 12:43-45

3) Set a new direction

4) Saturate yourself with the things of God

Philippians 4:8

What holy habits look like: 2 Peter 1:5-7

Promises for holy habits: 2 Peter 1:8-11

- 1) Effectiveness (v. 8)
- 2) Fruitfulness (v. 8)
- 3) Deeper knowledge of the Lord Jesus Christ (v. 8)
- 4) Sight (understanding) (v. 9)
- 5) Sure calling and election (v. 9)
- 6) Not fall (v. 10)
- 7) Entrance into heaven (v. 11)

Walking with the Lord:

Deuteronomy 5:33

Joshua 22:5

Isaiah 30:21

Isaiah 35:8

Isaiah 65:2

Jeremiah 7:23

Jeremiah 6:16

Hosea 14:9

Conclusion:

King Jeroboam compared with King David