

When Hurts Cause Habits and Hang-ups

Titus 3:3-6

Rather than coming to Christ for healing so many people cope with their hurts. Most of our coping mechanisms suppress pain and cause us to develop destructive habits and hang-ups.

I. S_____ to Bad Habits (v.3)

Habits are a downward hill of d_____.

1. F_____. We think bad things won't get to us. Every bad habit begins with a foolish thought and a harmful choice.
2. D_____. We don't submit to what is right.
3. D_____. We refuse to see our bad behavior developing into a habit.
Take the Habit Reality Test: Stop the bad behavior for 30 days.
4. E_____ to lust and pleasures. We repeat what brings us pleasure.
5. A_____ o_____ bad behavior. Enslaved people act out in bad behavior.

II. S_____ to F_____ from Bad Habits (vs.4-8)

A. First, Jesus a_____ to you (v.4).

1. Jesus appears even if you don't see Him.
2. Jesus appears to you in kindness and love.

B. Second, you must believe Jesus can s_____ y_____ (v.5a).

1. Jesus does not save because you deserve it.
2. Jesus does not save when you believe you can save yourself.
3. Jesus saves because you believe He is merciful.

C. Third, you must a_____ Jesus' generous ministry (vs.5b-7).

1. Jesus washes you with regeneration.
2. Jesus renews you by the Holy Spirit.
3. Jesus is rich in generosity.

D. Fourth, you substitute bad h_____ with good d_____ (v.8).

1. It is painful to break a bad habit but it is worth it.
2. When you are tempted to do a bad habit quickly begin doing a good deed because it redirects your thoughts. Temptation begins in the mind.

In conclusion, the Bible says that Christ makes us more than conquerors (Rom.8:37). This requires submission, effort, and engagement. Do you want to be a conqueror?