

IV. FOLLOW A _____

“He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.”

Psalm 40:2

A. Build a new life _____ day at a time.

“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,”

Philippians 3:13

B. Think about the law of _____ and _____ in relationship to your addiction.

“7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Galatians 6:7-9

V. PREPARE FOR _____

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

Matthew 26:41

A. Take control of your _____.

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.”

Romans 13:14

B. Let the _____ take control of you.

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Galatians 5:16

GET UNHOOKED FROM YOUR ADDICTIONS!!

“31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

32 And ye shall know the truth, and the truth shall make you free.”

John 8:31-32

**UNHOOKED ~
FINDING RELEASE FROM YOUR ADDICTIONS
How To Manage Your Lifestyle Habits
Pastor Steve Reynolds**

INTRODUCTION

A. Our culture is hooked! The truth is everyone struggles with addiction. Pornography, spending, tobacco, alcohol, drugs (prescription and illegal), gaming, food, sex, gossip, media and the list goes on. The list of addictive behaviors has never been longer and they have never been easier to find. The good news is that we can be released.

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

I Corinthians 10:13

B. This six week series of messages will teach you...

February 21 –Why Everyone Struggles With Addiction

February 28 –How To Experience God’s Power

March 7 – How To Motivate Yourself For Change

TODAY – How To Manage Your Lifestyle Habits

March 21 – How To Build A Circle Of Support

March 28 – Maintaining Momentum

Come as you are and discover how to find release from the very thing that has you hooked.

C. **TEXT:** I Corinthians 9:24-27 (Pew Bible/Pg. 176/New Testament)

You must manage your lifestyle habits and not let them manage you.

“That every one of you should know how to possess his vessel in sanctification and honour;”

I Thessalonians 4:4

HOW TO MANAGE YOUR LIFESTYLE HABITS

I. HAVE A _____

“28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

Matthew 11:28-29

A. Read the _____

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

Matthew 4:4

“22 But be ye doers of the word, and not hearers only, deceiving your own selves.”

James 1:22

B. _____ to God

“And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.”

Mark 1:35

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”

Hebrews 4:16

II. SET A _____

“And they said one to another, Behold, this dreamer cometh.”

Genesis 37:19

A. Your goal is a statement of _____ in God and a _____ for a healthier future.

“22 And Jesus answering saith unto them, Have faith in God.

23 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.”

Mark 11:22-23

B. Make sure your goal is: S _____

A _____

M _____

“And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.”

Habakkuk 2:2

III. DEVELOP A _____

“The steps of a good man are ordered by the LORD: and he delighteth in his way.”

Psalms 37:23

A. _____ decision making is critical to getting unhooked.

“A prudent man foreseeth the evil, and hideth himself:”

Proverbs 22:3a; 27:12a

“Be not deceived: evil communications corrupt good manners.”

I Corinthians 15:33

B. Stay _____.

“Redeeming the time, because the days are evil.”

Ephesians 5:18

“1 And it came to pass, after the year was expired, at the time when kings go forth to battle, that David sent Joab, and his servants with him, and all Israel; and they destroyed the children of Ammon, and besieged Rabbah. But David tarried still at Jerusalem.

2 And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon.

3 And David sent and enquired after the woman. And one said, Is not this Bath-sheba, the daughter of Eliam, the wife of Uriah the Hittite?

4 And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house..”

II Samuel 11:1-4