

A Revival Of Our Hearts
“Overcoming My Bad Habits”
Cornerstone Church Of Poway
Pastor Ed Turley
May 3, 2020

Big Idea: We need a revival in our hearts and homes that changes our lives.

To Overcome My Bad Habits, I Need To:

1. Know My Default _____

God **blesses** those who **patiently endure testing and temptation**. Afterward they will receive the **crown of life** that God has promised to those who **love him**. And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own **desires...**” **James 1:12-14a (NLT2)**

“Therefore, since we are surrounded by such a huge crowd of **witnesses** to the life of faith, let us **strip off** every weight that slows us down, especially the sin that so easily **trips us up**. And let us run with endurance the race God has set before us.” **Hebrews 12:1 (NLT2)**

Food... Drinking... Sleeping... Shopping... Binge TV... Gaming... Drugs...
 Gambling... Porn... Over-controlling... Withdrawing... Outbursts of Anger...

Notes: _____

2. Know My _____

“Temptation comes from our own **desires**, which **entice** us and **drag** us away.” **James 1:14 (NLT2)**

“Guard your **heart** above all else, for it **determines** the course of your life.” **Proverbs 4:23 (NLT2)**

Physically Exhausted. . . Discouraged & Pessimistic. . . Bored or Discontented
 Spiritually Dry or Empty. . . Lonely or Disconnected. . . Insecure or Unsure. . .
 Wounded or Hurt. . . Resentful. . . Sad or Grieving a Loss. . .

Notes: _____

3. Learn My _____ **And Plan To** _____

“These desires give birth to **sinful actions**. And when sin is allowed to grow, it gives birth to death.” **James 1:15 (NLT2)**

“The prudent understand **where** they are going, but fools **deceive** themselves.” **Proverbs 14:8 (NLT2)**

“Mark out a **straight path** for your feet; stay on the **safe path**. Don’t get **sidetracked**; keep your feet from following evil.” **Proverbs 4:26-27 (NLT2)**

“The temptations in your life are no different from what others experience. And **God is faithful**. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you **a way out** so that you can endure.”

1 Corinthians 10:13 (NLT2)

Notes: _____

4. Refocus My Attention On _____

“Whatever is **good** and perfect comes down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.”

James 1:17 (NLT2)

“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as **living sacrifices**, holy and pleasing to God--this is your spiritual **act of worship**. Do not conform any longer 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.” **Romans 12:1-2 (NIV)**

“Do not be overcome by evil, but **overcome** evil with good.” **Romans 12:21 (NIV)**

Notes: _____

5. Share My Struggles With A _____

“**Confess** your sins to each other and **pray** for each other so that you may be healed. The earnest prayer of a righteous person has **great power** and produces wonderful results.” **James 5:16 (NLT2)**

“Come close to God, and God will come close to you.”

James 4:8a (NLT2) Remember Verse

“So let us come **boldly** to the throne of our gracious God. There we will receive His **mercy**, and we will find **grace** to help us when we need it most.”

Hebrews 4:16 (NLT2)

➤ **What do I need to put into practice?**

My next right step, I will overcome my bad habits by:

- [] Admitting my coping strategy to someone I trust
- [] Sharing my plan to avoid destructive patterns with someone I trust
- [] Refocus on something good
- [] Inviting Jesus to be the Lord of my life

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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Small Groups: [Choose as many questions that honors your group’s time commitment]

Open in Prayer:

- What thoughts from this week’s message encourages me to live a life for Jesus?

Icebreaker: What was your biggest temptation as a teenager?
 What made it more difficult? What helped you through it?

Big Idea: We need a revival in our hearts and homes that changes our lives.

“Come close to God, and God will come close to you.”

James 4:8a (NLT2) Remember Verse (Try to memorize this)

Read James 1:12-17

To Overcome My Bad Habits, I Need To:

1. Know My Default Coping Strategy

Read James 1:12-14

What blessing does God promise to those who endure temptation and love Him?

What do you learn about the origin of temptation?

Read Hebrews 12:1

Below are some weights that slow us down. Circle your default coping strategy:

Food... Drinking... Sleeping... Shopping... Binge TV... Gaming... Drugs...
 Gambling... Porn... Over-controlling... Withdrawing... Outbursts of Anger...

2. Know My Emotional Triggers

Read Proverbs 4:23

We all have triggers that push us towards sinful behavior. Although these are not an excuse, it is good to know what makes us vulnerable. Circle your triggers:

Physically Exhausted. . . Discouraged & Pessimistic. . . Bored or Discontented
 Spiritually Dry or Empty. . . Lonely or Disconnected. . . Insecure or Unsure. . .
 Wounded or Hurt. . . Resentful. . . Sad or Grieving a Loss. . .

3. Learn My Patterns And Plan To Avoid them

Read James 1:14-15

What is the progression of sin?

Read Proverbs 14:8

Read Proverbs 4:26-27

Read 1 Corinthians 10:13

To help create a plan of action to overcome temptation, answer these questions:

WHEN am I most tempted?

WHERE am I most tempted?

WHO is with me when I'm most tempted?

WHAT temporary benefit do I get if I give in?

HOW do I feel right before I'm tempted?

ACTION PLAN: In your quiet time this week, take some time to think through points one through three. Write down or tell a friend how you cope, what triggers you and what patterns you see in yourself.

4. Refocus My Attention On Something Good

Read James 1:17

What are two good gifts that God has given you this year?

Read Romans 12:1-2

Where do I need to refocus my thoughts?

How have I changed my pattern of thinking so far?

Read Romans 12:21

What is something good I can do this week to help counter my temptation?

5. Share My Struggles With A Trusted Friend

Read James 5:16

Who is my trusted friend that I can go to for encouragement and prayer?

Read Hebrews 12:1-2

What is something I can "strip off" in order to run my race better?

What helps keep my eyes on Jesus?

Close in Prayer: Start praying. Be bold and pray specifically.
