

The Potter's Christian Life Center

SERMON NOTES
with Pastor Greg Formey



Saying "No" To Stubborn Habit

Psalm 51:1-13

Sunday, September 3, 2017

A common thread runs through every interview with people who do heroic things or who accomplish something extraordinary as an athlete. They seem to always say, "my training just kicked in", or "I relied on muscle memory." This reminds us of the old expression, "Practice makes perfect." Repetitive practice certainly can, but more accurately, it makes permanent. Any thought, speech, or action engaged in regularly becomes a part of who you are; it becomes a habit, for better or worse.

The principle of habit formation is neither good nor evil. By its nature it is neutral. If used correctly, it will revolutionize life as a person knows it. But if engaged in incorrectly, it can cause failure and destruction.

HOW HABITS FORM

When believers are saved, they are to make a clean break from all sinful habits and patterns.

Romans 4 speaks of those who "**walk not after the flesh but after the Spirit.**"

The term "walk" refers to one's lifestyle and habits; the ingrained way one does things.

HOW THEY ARE ACKNOWLEDGED

- Understand it as resistance to God's will v.3,4
- Cry out for mercy v.1
- Ask Him to make you clean v.2
- Offer your broken heart to Him as a gift
- Ask the Lord to restore your joy v8

TAKE PERSONAL RESPONSIBILITY

- Need for honesty v6
- Work on your attitude v10

MEET THE CONDITIONS FOR CHANGE

- Really believe that God is good. Psalm 27:13 - "I am confident I will see the Lord's goodness while I am here in the land of the living."
- Know that you are fully responsible for your behavior (**Psalm 51:4**)
"Against you, and you alone, have I sinned; I have done what is evil in your sight."

AS YOU WORK ON THE HABIT

- Be confident that deliverance is possible
- Give the Lord credit for changing you v15
- Help someone with the same habit v13

Romans 12:2

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.