

# FIVE A'S OF BREAKING A SIN HABIT

## ABHOR THE SIN

Not just the consequences and guilt.

- *Psalm 51:4 – “Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.*

## ADORE GOD

Worship him more than you worship the quick fix.

- *Psalm 34:8 – “Taste and see that the Lord is good; blessed is the one who takes refuge in him.*

## ASSURANCE OF GRACE

Rest in Christ's perfect obedience rather than your best efforts.

- *Ephesians 2:4-9 – “But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.*

## AVOID THE TEMPTATION

Any other habits or patterns that put you at risk? Set up personal boundaries.

- *Romans 13:11-13 – “And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. Let us behave decently, as in the daytime,*

## ACCOUNTABILITY TO OTHERS

Maintain an open dialogue with someone who will point you to Christ.

- *Proverbs 27:17 – “<sup>17</sup>As iron sharpens iron, so one person sharpens another.*

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