

Breaking Free From Besetting Sins
Why Do I Do What I Don't Want to Do?

I. Introduction

A. What do you have a hard time controlling?

1. My temper
2. Spending
3. Overeating
4. Moods
5. Excessive drinking
6. Sexual desires
7. Procrastinating
8. Other bad habits
9. _____

II. Why Can't I Change?

A. The problem

1. Romans 7:15-16, 18 (NAS) *¹⁵For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate. ¹⁶But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good. ¹⁸For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.*
2. Mark 14:38b (NAS) *"The spirit is willing, but the flesh is weak."*
3. Good intentions aren't enough!

B. The results of the problem:

1. Confusion
2. Frustration
3. Defeat and discouragement
 - a. Romans 7:24 (NAS) *Wretched man that I am! Who will set me free from the body of this death?*

C. The good news

1. You can change!

III. God's Promise to You

A. John 8:32 (NAS) *"And you will know the truth, and the truth will make you free."*

1. The secret to personal change is not willpower!
2. You break free from a besetting sin by knowing the truth!
3. The way you think determines the way you feel. And the way you feel determines the way you act!
4. Most people just try to work on their actions (their external behavior).
 - a. God says to start with your thinking!
 - b. Bad beliefs cause bad behavior!
 - c. If you're going to change the way you act, you must first change the way you think!

B. Behind every self-defeating behavior is a lie that I'm believing.

1. I'm believing something about myself (or God, others, success, failure, life, my past, present, future, etc.), that is not true!

IV. The Foundation for Breaking Free From Besetting Sins:

A. Acknowledge that the root of my "problem" is sin.

1. I John 1:8 (NAS) *If we say that we have no sin, we are deceiving ourselves and the truth is not in us.*
2. The basic attitude of sin: "I'm in charge and I don't need God."

3. If I want to break free from besetting sins, I must stop deceiving myself.
- B. Admit that Jesus Christ is the only One who can change me.
 1. John 14:6 (NAS) *"I am the way, and the truth, and the life; no one comes to the Father but through Me."*
 2. Romans 7:24-25a (NAS) *²⁴Wretched man that I am! Who will set me free from the body of this death? ²⁵Thanks be to God through Jesus Christ our Lord!*
- C. Commit all that I am to Jesus Christ
 1. "Why should I do that?"
 - a. Because nothing else works!

2. II Corinthians 5:17 (NAS) *Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.*
 3. II Timothy 1:7 (NAS) *For God has not given us a spirit of timidity, but of power and love and discipline.*
- D. Happiness is a choice. God gives you a free will to do whatever you want with your life.
1. God says, "You can depend on yourself, or you can depend on Me. But, you have to live with the results!"
 2. Today can be the turning point in your life!

V. Conclusion