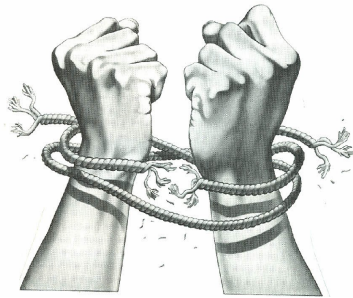


BOOKLET LESSON SERIES

HOW CHRISTIANS CAN BREAK SIN HABITS



Booklet Bible Lesson Series

VI

Silent Word Ministries

PO Box 889 - Trenton, GA 30752

BBL06 – Break Sin Habits

Introduction

Silent Word Ministries is a nonprofit, independent, Baptist organization with a federal 501(c)3 approval. Articles of Faith and guidelines are available upon request. The ministry was established in 1966 to fulfill the Great Commission through evangelism and ministry to the Deaf world. The goal of the ministry is to reach the world of the Deaf for Christ; to help establish Deaf ministries in strong, fundamental churches; to win deaf to Christ worldwide; to help build established Deaf ministries; and to strengthen Deaf people into Christian maturity with a literature program. **Ministry Motto:** The desire of our ministry is prayer for **boldness** to share Christ, **wisdom** for the best way, and **open doors** of opportunity that Deaf will be saved, families strengthened and churches served.

Send for a **free catalog** listing or sample of our literature.

All Bible references are King James Version

Visit Web Site: SilentWordMinistries.org

Disclaimer: Silent Word Ministries ministers primarily to those who serve in all areas of Deaf ministries. We are not professional Interpreters or Deaf educators. These booklets can be a help to **all** who are involved in the Deaf world -- SWM.



WELCOME TO BOOKLET BIBLE LESSON SERIES

This **Booklet Bible Lesson Series** are special lessons to help Christians **spiritually grow** in the Word of God. No one can grow without the Word of God – No one! “As newborn babes, desire the sincere milk of the word, that ye may **grow thereby**” (1 Peter 2:2). This series is different as it gives **both** a teaching lesson and a discussion time for the class to interact. Please take time to openly **discuss** the principles and applications of each lesson. As you teach a Bible principle ask “Are you willing to change to Bible principles? You cannot help anyone who does not want help! Your goal is to help Christians adjust and apply their lives to Bible principles. Bible principles never change. **Are you willing to change to Bible principles?**

[These Lessons are written by Ted Camp, SWM]

What is Right?

What is Wrong?

Introduction - In my early years of preaching, I preached diligently to the young people to **quit and stop their** worldly habits. I would teach the deaf to sign "**no**" when they were offered cigarettes, beer or drugs. Many would come forward to **stop** these bad habits, but I noticed that it was not a lasting change. It is not enough to **stop** something bad. A person must also **start** practicing Godly habits. This is called a **replacement** principle. The Bible says, "**Put off**" the old man and "**put on**" the new man (Colossians 3:9-10). You should replace bad habits with Godly. It has been proven that if a person will do something for **21 days**, it will then become **a habit**. If you started a bad habit, it means you can also unstart or stop it. Also it is important to know your opinions, persuasion, and self-determination will **not** bring a lasting change. You cannot defeat the flesh just by yourself. You need help from the Spirit and Scriptures. It is the Word of God that changes people. The Word of God proves what is **true** or **false**, **right** or **wrong** and **good** or **bad**. The Word of God changes lives from within. Religions seek to change lives with **outside** rules and regulations. Remember, only the Word of God is the **absolute authority** and **assurance** from God. So, **search the Scriptures**.
What does the Bible say? - Ted Camp, SWM

A TEST TO KNOW IF IT IS WRONG

1. What does the Bible say about it? (Acts 17:11)
2. Will it hurt my body? (I Corinthians 6:19)
3. Is it of the world? (I John 2:15)
4. Will it stop my fellowship with God? (I John 1:7)
5. Will it leave me with guilt and shame? (Psalms 51:3)
6. Will it hurt my testimony? (I Thessalonians 5:22)
7. Is it worth the cost? (Galatians 6:7,8)
8. Can this destroy my ministry? (James 1:14,15)
9. Will it bring hurt to my family? (II Samuel 12:14)
10. Think of others who have fallen. (Galatians 6:1)

IF YOU DOUBT IT – THEN DON'T DO IT!

**"But if ye will not do so, behold,
ye have sinned against the LORD:
and be sure your sin will find you out."**

-- Numbers 32:23

COUNT THE COST OF SIN

The Bible is God's instruction book to teach us what is right and wrong, what is good and bad, and what is true and false. We need to follow the instructions that have been given to us in the Word of God. You need to daily, practice **putting off** (sin habits) and **putting on** (new Godly habits) as a Christian. **Remember**, it usually takes **21 days** to develop a **new** habit. Be patient and practice good habits until they replace the bad habits. Mark on your calendar the day you **"put off"** (stop) the old habits. Do it for **21 days** to **"put on"** (start) new Godly habits. As you practice good habits, you will slowly **become stronger and stronger** to overcome your past lifestyle and sin habits. You will develop into a happy mature Christian.

**"Study to shew thyself approved unto God,
a workman that needeth not to be ashamed,
rightly dividing the word of truth."**

– II Timothy 2:15

**"For which of you, intending to build a tower, sitteth not down first,
and counteth the cost, whether he have sufficient to finish it?"**

– Luke 14:28

The Bible teaches that it is wise to count and consider the cost of something before you begin. Just recently I was told of another man who fell into sexual sin. As I listened, I realized that I was getting used to hearing about sexual misconduct. We are losing deaf and deaf workers to sexual sin. We need to stop and count the cost of sexual sins. A person can control the choice of sin but not the consequences of sin. The end of sin is always destruction (James 1:14-15). No one is happy at the end of sin. The results are always the same - broken homes, drunks, addicts, homosexuals, abortions, aids, diseases, insanity, and ruined lives. Sin has destroyed many lives, homes, and ministries. No one plans to fall in sin, but many do!

***Sin will take you farther than you ever
thought you'd stray;
Sin will keep you longer
than you ever thought you'd stay;
Sin will cost you more
than you'd ever thought to pay.***

(unknown)

COUNT THE COST OF SEXUAL SINS

1. It is a sin against God (Psalms 51:4).
2. Your sin will be judged (I Corinthians 11:32).
3. The law of reaping begins (Galatians 6:7).
4. Look at others who have fallen (Romans 5:12).
5. It will hurt those you love the most (Lot lost his family).
6. It will break your marriage vows.
7. The end will always be destruction or death (James 1:15).
8. It will destroy the other person's family.
9. Sin will always be in your mind and heart (Psalms 51:3).
10. You will never be the same again (Genesis 19:14).
11. You will bring shame to your Lord, family, friends and church.
12. Your sin will hurt your parents very much.
13. The act could result in sexual diseases (syphilis, herpes or aids).
14. You can never undo or change what happens. It is done forever.
15. You will have regrets of loss and never know what you could have done.
16. God may forgive you but people will never forget.
17. A thirty minute act can destroy thirty years of testimony.
18. No one has ever gotten away with sin.
19. The devil and world will have the victory of another life destroyed.
20. The memories will remain all your life.

When you are tempted to sin consider, these **twenty things**. Count the costs and consequences of sexual sins. The cost is not worth it. Consider others who have fallen and learn from their mistakes. Consider the fact that you could fall, *When you are tempted, stop, take heed, count the cost of sin.*

**"Wherefore let him that thinketh he standeth
take heed lest he fall."
– 1Corinthians 10:12**



GOD CAN BREAK SIN



“Break Your Sin Habits – Before They Break You”

THE PERSON GOD USES

Which is controlling your body, the Holy Spirit or sin?

*"Let not sin therefore reign (control) in your mortal body,
that ye should obey it in the lusts thereof.*

*Neither yield ye your members
as instruments of unrighteousness unto sin:
but yield yourselves unto God,
as those that are alive from the dead,
and your members as instruments (tools)
of righteousness unto God."*

– Romans 6:12-13

The end of sin is always destruction. Sin starts small then increases until it controls and destroys. It is as a lure to tempt and draw you away from God.

**"But every man is tempted (includes Christians),
when he is drawn away of his own lust, and enticed.
Then when lust hath conceived, it bringeth forth sin:
and sin, when it is finished, bringeth forth death."**

– James 1:14-15

The greatest war is "within." Daily, Christians are involved in a spiritual warfare between the Holy Spirit and the flesh. The flesh and Spirit are never compatible, but always contrary one to the other. **Who will win?**

**"This I say then, Walk in the Spirit,
and ye shall not fulfil the lust of the flesh.
For the flesh lusteth against the Spirit,
and the Spirit against the flesh:
and these are contrary the one to the other:
so that ye cannot do the things that ye would."**

– Galatians 5:16-17

God wants to use you! Do you want to be used of God? He will not use the unclean vessel that is **conformed** (Christians who act the same as unsaved) to this world, but uses those who are **transformed** (different than the world). Christians are transformed from within to become more like Jesus Christ. It is the Holy Spirit that transforms or changes your life. The greatest testimony of Christianity is a changed and consistent Christian. After you are saved, you should present yourself as a vessel to be used of the Lord. God desires to use you!

You Must Choose - It is your **“freewill”** choice. God will not force you against your will. God saved you, but you **must choose** to be a servant. The devil cannot make you sin, and God cannot make you serve. God desires to use you for His glory! Do you desire to be used **“more”** of the Lord? When you have sin in your life, God will cannot use you. You would not want to drink dirty water, and God does not want to use dirty vessels as it would **hinder and not help** the ministry.

**"I beseech you therefore, brethren,
by the mercies of God,
that ye present your bodies a living sacrifice,
holy, acceptable unto God,
which is your reasonable service.
And be not conformed to this world:
but be ye transformed by the renewing of your mind,
that ye may prove what is that good,
and acceptable, and perfect, will of God."**

– Romans 12:12

As you Go - You will Know - The Will of God!

Don't worry about the future but do what is right today. Decide to follow God and not others. Be careful about going in wrong directions. Do right because you want to do right. It is your choice. The Lord will never lead you in the wrong way. When you go in the wrong way, He will let you know it! **As you Go – You will Know the will of God.** When you **stop going** you will **stop knowing**. The Lord will direct you in the right ways and paths. Just follow Him as He leads. He will direct your way(s) (plural) as a man, husband, and father. As a woman, wife, and mother, a young person or a widow. He will go before you and make the untrodden path(s) smooth. The best life is simply following the Lord as He directs. He will go before you and make the way smooth for you to follow. You just need to make the right decisions and go in the right path.

**Decisions Determine Directions
Directions Determine Destinations.**

**"Trust in the LORD with all thine heart;
and lean not unto thine own understanding.
In all thy ways acknowledge him,
and he shall direct thy paths."**

– Proverbs 3:5-6

HOW TO BE FORGIVEN

There are times after you are saved that you sin. You do not need to be saved again, but you do need to confess sin. Sin must be judged by you or God, **"For if we would judge ourselves, we should not be judged"** (1 Corinthians 11:31). This is a law of God that is fixed and unchangeable. God does not respect you or your position. Sin must be judged - **This is a law of God.**

Future Judgment of all "Without Christ" – All those "without" Christ will be judged in the **future**, not now. **"And whosoever was not found written in the book of life was cast into the lake of fire"** (Revelation 20:15). This is the **last judgment** of all **"without Christ."** No one is saved **without** Jesus Christ.

Present Judgment of all "In Christ" - All those "in Christ" will be judge present tense **"now"** not **"future."** The Christian - **son** will be judged **now**, **"For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth...God dealeth with you as with sons; for what son is he whom the father chasteneth not"** (Hebrews 12:6-7). All **unconfessed sins** will be judged by God. At the **Judgment Seat of Christ**, you will be rewarded for **"works"** not judged for **"sins."** **Sins** in a Christian life are judged in this present life, and **works** will be rewarded in the **future**. **"For we (Christians) must all appear before the judgment seat of Christ; that every one may receive the things done in his body (not soul), according to that he hath done, whether it be good or bad"** (II Corinthians 5:10). On this day you will be rewarded **as a servant**, but **now** you will be **corrected as a son**. Remember, you can control the **cause** of sin, but not the **consequences** of sin. Sin instantly breaks your **fellowship with God**, but not your **sonship**. The Lord presently **corrects** His children to correct the wrong way they are going. **Following the Lord is the best life!**

How Sin and Sins are Forgiven

(1) Sin (singular) usually refers to the **sin of Adam** (Romans 5:12) which is placed upon all mankind at birth. You do not **become** a sinner, but you are **born** a sinner. **Salvation "in Christ" removes Adam's sin placed on all** (John 1:12).

(2) Sins (plural) in **I John 1:9** usually refers to **sins done by Christians**. Christians are now sons and they cannot be unborn. The first birth is into the human family of Adam and the second birth is a holy birth into the family of God (John 1:12). God has provided only one way for **Christian sins** to be forgiven.

Christian Forgiveness of Sins

I John 1:9 explains how a Christian can be forgiven of sins. **"If we (Christians) confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."** As long as sins are unforgiven they separate you from God and they also break His fellowship with you. If a Christian **continues in sin**, it can bring consequences and chastisement. Conviction of sin is the **greatest proof** that you are saved because it is the Holy Spirit being **grieved** within you. The grief and guilt will **remain** until your sin is **removed**. After you are forgiven, your peace and fellowship is restored. Christians can also sing, "My sins are G-O-N-E gone! You can cover and hide your sins, but only the Lord can **cleanse** your sins. "What can wash away my sins...Nothing but the blood of Jesus."

Let's Study 1 John 1:9

Introduction - The **greatest verse** in the Bible **salvation** is **John 3:16**. The **greatest verse** in the Bible **for Christian forgiveness** is **I John 1:9**. **Both sinners and Christians need forgiveness**. **Forgiveness** means **1.** to grant pardon. **2.** to cancel, remove, or erase in full (debt or payment). **3.** to cease resentment. Bible forgiveness applies to **all Christians** and also to God. **Forgiveness means that once you or God forgive that you will not...**

- (1) bring it up again to the person,
- (2) to another person,
- (3) to yourself, or even God.

If you bring the sin up again, it was not forgiven. God says He will **remember our sins no more** (Hebrews 10:17; 8:12). This means God chooses **not to remember** them. Once you are forgiven, the sin will never be brought up again. Some say, "I can forgive but not forget!" You may not forget the sins, but you must **choose, as God, not to remember** the sins again. Once it has been forgiven, you should cancel and erase it from your memory. If you violate one of the three above, you really have not forgiven the person. Once the sins are forgiven, the Christian could say, "God, I again am sorry for my sins." God could say, **"What sins?"** Because God chooses **not to remember** them again! And their **sins and iniquities** will I remember **no more**" (Hebrews 10:17).

The Sinner Forgiven

A person who is **not saved** does **not** have peace with God, because he is separated from God. There is **no rest** for the unsaved (Isaiah 57:20). There is **no hope** for the unsaved (1 Thessalonians 4:13). God has only **one way** for the sinner to be forgiven, and that way is through Jesus Christ (John 1:12; 14:6; Romans 10:13; Acts 4:12).

When you accept Jesus Christ, you have **peace with God because your sin that separated you from God is removed.** The **original sin nature “curse”** from Adam is forgiven (Romans 5:1). You are no longer a sinner, but a son. **It is a one-time birth event!** In this age God only see **two classes of people.** All people are either (1) **“In Christ”** or (2) **“Without Christ.”** All **“In Christ”** will go to be eternally with Him (II Corinthians 5:8). **All** who remain **“without Christ”** one day will face the eternal judgment of God (Revelation 20:14-15).

The Christian Forgiven

"If we confess our sins, he is faithful and just
to forgive us our sins,
and to cleanse us from all unrighteousness."
– 1 John 1:9

This is the **only verse** in the Bible that explains how Christians can be forgiven. There is only one way to be rid of sin. It is not neglect, doing better, or just leaving it behind. Sin needs to be, and must be **removed and erased** to restore fellowship with God. You can break fellowship, but not **sonship.** When a child does wrong, the father does not kick him out of the house, because he still loves his child. As a child of God, there are times you need to **restore** fellowship with God. He promises that if you will **confess** your sins, He will **cleanse** your sins.

A Verse Study of 1 John 1:9

“If” - A conditional word. This means that it is optional or of choice. Satan cannot make you sin, and God cannot make you serve. As a Christian, you have the free will **to choose** your life. God will not force you to follow Him. It is **your decision** to continue in sins or confess your sins.

“We” - Paul was a Christian, so the word **“we”** means **Christians** who have sin. There are times when **all Christians** need **new beginnings.**

“Confess” - Means that you agree with God that He is right and you are wrong. **Confession** is an **outward expression** of an **inner admission** to God and yourself of your sins. It also refers to a **single condemned act of sin** between you and God. The Holy Spirit will **convict** you of your sins. As one woman told Billy Sunday, “I want to confess, but I cannot name my sin.” He said, **“Guess at it!”** To deny sin is to deceive yourself. **Confess** means that you now desire to **change and stop** your sins. You change to follow **the way** you should go. It does not say **“pray,”** but **“confess”** which is a **turning** from sin to God.

“Our sins” - **“sin”** (singular) refers to the **original sin** nature (**soul**) from Adam (Romans 5:12). **“Sins”** (plural) refers to Christians who **commit actions of sin (body)**. Sin(s) break your **fellowship** with God. The Spirit is grieved **within you** and makes you **aware of your sins**. When you become **aware** of your sins, you should immediately **“confess”** them to God. Be advised that your sins **must be judged by you or be judged of God**. “For if we would judge ourselves, we **should not** be judged” (I Cor. 11:31). Confession can **prevent** the judgment of God. All Christians **sins** will be judged **“now”** present tense, **not** the future. Be aware that God always **gives warnings before** He chastens. He also has a **deadline** for those who **practice** sins. Some say, “I will sin, then quickly ask God to forgive me, and everything will be all right.” Be advised that **grace** may forgive and **remove guilt**, but the **consequences** of sin will **remain**. Also others who were hurt may not soon forgive. The **outward scar** of sin can **remain** after the **inward guilt** is **removed**.

“He is faithful” - God is **faithful** as a Father to love and forgive you. As you forgive your children, God will forgive you. He is a **faithful** Heavenly Father to each and **every child** of His.

“And just” - This means that God will do what is **right**. He does not see your sins, but He sees **His Son** in your place. God as your Father will forgive you. God does what is **best** for you.

“To forgive us our sins” - Confession brings forgiveness and pardon of sins and can also **cancel** God’s chastisement. The Lord will **restore** the joy of your salvation, and you can again **have peace with God**. The blood of Jesus Christ **cleanses us continually** from all **sins** of admission, commission, and omission, sins of ignorance, even sins we know nothing about. “The blood of Jesus Christ his Son **cleanseth us from all sin**” (I John 1:7). **Amen!**

“And cleanse us from all unrighteousness” - Notice the word **“all.”** To cleanse means that it is completely washed away, erased and gone. Naturally, you deal with a child differently than with an adult. There are **different levels** of understanding for a young Christian and a mature Christian. The mature Christian **should know better** because he has grown in knowledge, understanding, and wisdom of the Bible. A Christian can **quench and grieve** the Holy Spirit. A Christian should quickly respond and not resist when the Holy Spirit enlightens and teaches you what is right and what is wrong. It is the same in raising your children. A child only has a **limited knowledge** of understanding what is really best for him. Most children only want what **pleases** them. Later, teens may not fully understand their responsibilities, but when they become adults, they slowly begin to **understand** that **more** is expected of them.

Your Choice - Now we return to the first word **“If”** we confess our sins. This means that it is optional, by choice. You have the choice to **confess and be cleansed** or **continue and be chastened**. Learn to respond quickly to the Holy Spirit and keep short records with God. Always be sure that your sins will find you out - eventually!

Do you Now have Guilt?

Illustration: In a meeting a deaf girl, weeping, came forward during the invitation. She signed, “Guilt...Guilt...Guilt...” (“**G**” over heart). I asked Carlene to pray with her. Later, as she returned with a smile and signed, “**Guilt gone... Guilt gone!**” Christians can sing, “My sins are **G-O-N-E.**” **Do you have guilt?** God can forgive you and take away your guilt and you can also say, “**Guilt Gone... Guilt Gone!**”

Discussion: Do you have guilt? Sin **blocks** fellowship with God and others. God only has one continual process for sins. You cannot **“un-sin.”** A sin will **remain until it is removed**. The Christian life is a continual cycle involving sin, repentance confession, forgiveness, restoration and consequences. **Confession** is God’s **only remedy** to forgive sins. God promises **if you confess**, He will **forgive, cleanse, erase, and eternally remove** your sins and guilt will be gone!

A Scriptural Warning!

1. The longer you remain in sins, the harder the consequences. You can continue in your sins too long, and receive the chastisement of the Lord for your sins. If you will judge your sins **before** God judges you, it may **prevent** God’s judgment. Some sins are only known by you and God. Some times you have confessed and received restored fellowship **without any consequences** as it was totally between you and God. But when **you continue to practice sins** against the **warning** of the Holy Spirit, you may cross the **deadline** and risk the consequences of your sins being **openly** revealed and hurting those you love the most. “There is a **sin unto death**” (1 John 5:16). Consider others who were **caught and chastened**. Count the **cost** of your sins. One day it could be you! Be quick to run to the Lord when you feel the guilt of your sins. Do not **risk** losing your family, ministry and friends. Do not have years of regrets for unconfessed sins.

Warning - Do not let **habitual sins** control your life. One day you will be **caught and exposed** as others who thought they could hide their sins from God and from others. **Be sure your sins will find you out...eventually!** The wheels of God may grind slowly, but they continually grind! It is always best to keep short accounts with the Lord. Do not continue to practice sin as one day it will be too late to pray and confess your sins. The quicker you confess your sins, the quicker peace can be restored. Also you may halt stop the chastening Hand of God. **Confess or be chastened - It is your choice!**

2. Your sins may be **removed**, but the consequences, hurt and humiliation **may remain**. You must also **forgive yourself** and then **seek forgiveness from others**. Realize that others may need **more time** because some sins have **greater consequences**. Be patient and **accept the consequences**. As a broken bone takes time to restore, it also requires time to heal a broken heart. In the **process of time**, you and others can be healed and restored.

Conclusion: 1 John 1:9 is the Bible process that will continue throughout the Christian lifetime or until the Lord returns. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

Do you have guilt? Guilt can be gone!

The Choice is Yours...

If You Confess = He Will Cleanse!

How to Break a Sin Habit

This is an outlined Biblical program that will help Christians to break ungodly sin habits. Naturally, it is better never to have experienced or started bad habits. This is why it is important to teach and warn about the power of habitual sins. Sin begins small but it soon increases its appetite until it destroys. You must destroy sin before it destroys you. The **end of sin** is always **destruction or death**.

"But **every man** is tempted,
when he is drawn away of his **own** lust...
Then when lust hath conceived, it bringeth forth sin: and sin,
when it is finished, **bringeth forth death**."
– James 1:14-15

WHAT ARE SOME BAD HABIT FORMING SINS?

Christians can also have habitual sins because of their past lifestyles and habits. Some who are saved have all past sin habits gone, but some Christians will still have a desire to practice the past habits of sin. Christians also need to break bad sin habits. Habitual sins are sins that are practiced again and again until the sin controls the mind and body. Sinful habits have an appetite that is **never** satisfied. Some habitual sins are smoking, drinking, wrong sex, drugs, anger, lying, overeating, adultery, homosexuality, gambling, bad movies, rated-videos, tobacco, pornography, and worldly things. Do you have a bad habit? Can you name a sin that is controlling you?

THREE UNCEASING ENEMIES

**All Christians Have A Continual Warfare
Three Enemies vs Three Helpers
The Goal is Control of Your Life**

**“For the flesh lusteth against the Spirit - Spirit against the flesh:
and these are contrary the one to the other:
so that ye cannot do the things that ye would.”**

– Galatians 5:17

THREE ENEMIES: 1. WORLD 2. FLESH 3. DEVIL

THREE HELPERS: 1. SPIRIT 2. SAINTS 3. SCRIPTURES

**WORLD
FLESH
DEVIL**

**ALWAYS
CONTRARY
YOU
NEVER
COMPATIBLE**

SAINTS SPIRIT SCRIPTURES



**WORLD VS SAINTS
FLESH VS SPIRIT
DEVIL VS SCRIPTURES**

**GOD CANNOT MAKE YOU SERVE
DEVIL CANNOT MAKE YOU SIN**

WHO WILL WIN?



[Chart by Ted Camp] Reorder: Silent Word Ministries - PO Box 889 - Trenton, GA 30752

STEPS IN BREAKING SIN HABITS

STEP ONE - The **first step** begins with God. You must pray and confess your sin to Him. Confess means to agree with God about the sin and be willing to stop it with His help (I John 1:9).

Forgiveness is as simple as ABC...

A = Admit your sin habit. It is a sin. Do not call it a weakness. Do not make excuses or justify it. It is **not** hereditary or a sickness. **Admit** it is a sin against God, yourself and others. Name your sin, and confess it. **Admit you have a problem.**

B = Blame no one but **yourself**. Do not blame others. "**I (personally) have sinned.**" You need to personally accept **your** responsibility. You cannot change others, but you can change yourself.

C = Confess your sin to God. Ask Him for forgiveness. Also seek forgiveness from others who may have been hurt or offended by your sin. If you confess to God He will cleanse.

STEP TWO - You must work at **changing bad habits** and past lifestyles. "Put off" (stop bad habits) the old man (flesh) and "put on" (start Godly habits) the new man (Spirit). Change bad habits with new Godly habits (Colossians 3:8 -14).

STEP THREE - You must **COMMIT** your new ways to the Lord. No matter what happens as you keep going in the right way, the Lord will help you. "*Trust in the LORD with all thine heart...In all thy ways acknowledge him, and he shall direct thy paths*" (Proverbs 3:5-6).

STEP FOUR - Yield to the Holy Spirit to **CONTROL** your body and desires. Do not let your body control your life. "*For sin shall not have dominion (control) over you.*" Daily yield unto God (Romans 6:13,14).

Review - After you have completed the **FOUR STEPS** remember, this is only the **start** of a new beginning. It has been proven that if a person will practice something for twenty-one consecutive days, it will become a habit. **Start practicing new godly habits to replace the old bad habits.** Practice the daily habits of prayer, reading your Bible and thinking good thoughts. Keep busy physically, mentally and spiritually. Mark each day with a big "X" until you have finished 21 days. **Develop good habits and become their slave.**

The new man will become stronger and the old man will become weaker. One day the bad habit will be broken and beaten with the help of Godly habits.

MAKE A PERSONAL COMMITMENT

You need to now make a **personal commitment** or promise to the Lord. "Present your **bodies** unto the Lord" (Romans 12:1,2). "Submit **yourselves** to God" (James 4:7). Present your body to the Lord to be used in the right way. Men in the past, such as Jacob made a promise to the Lord. He named the place "**Bethel.**" A place where God **changed** his life. He walked away with a **new beginning** and a new name, "Israel" (Genesis 28:11). God gives new beginnings.

"Yes, I need a new beginning with God!" (Pray)

*Dear Lord, I now present myself to you for a new beginning. I cannot change the past but with your help I can change the future. I now confess my sins to you. I need you to **help me** win the victory over this habitual sin. I now yield and submit myself to you. Please cleanse and strengthen me for service. I now ask you for a new beginning. This day I commit myself to God to live for Him, to put off my old ways and put on His new ways with **a new beginning.**" Amen!*

Date _____ Time _____.

Signed _____

Address _____

Please mail us your decision.

We will send more helpful literature from SWM

SilentWordMinistries.org

Find Additional Help – Link

SilentWordMinistries.org

Follow8steps.org

**THIS IS WHAT THE BIBLE
HAS TO SAY ABOUT SIN!**

TEN HELPFUL GUIDELINES TO KEEP AND REVIEW

Keep these guidelines in your Bible.

1. **Remove and reverse** the bad habit. It must be stopped. It is destroying your body, life, hopes and those you love the most. The habit started with participating in and practicing a sin. It slowly began to take control until it became a habit. This means that the habit was not from genes or sickness. It started one time, so what was started can also be stopped, changed and **reversed**. Some sins were practiced **for years** so it may take longer to break and reverse the habit. The sooner you start, the easier it will be. Break the habit before it breaks you. Do it now as each day it will become **stronger!**

2. Speak to a **trusted** medical doctor about your problem. Some habits will have side effects or withdrawal symptoms. You may need help understanding what is happening to your body. There will be consequences of sins as cancer, aids, heartaches, or broken families.

3. Seek **counsel** from your pastor or a trusted good friend. Be honest and open with him. When you need help, call him.

4. Get a **good prayer partner**, a trusted friend who will be there when you need him. It is important to have accountability (Matthew 18:20).

5. You must **change** your **old ways** and **sin habits**. Break away from bad friends, places and past lifestyles. Begin a new life. This can be challenging (II Timothy 2:21). Remember, you will never be perfect, but you can overcome individual sins in your life.

6. Stay active and busy, do not become idle because you will think and dwell upon your past life and habits. Read your Bible and pray. Attend church services (Colossians 3:23-24).

7. Start a **new life** with new goals, friends and habits. Focus on your **new beginning**, forgetting the past (Colossians 3:1).

8. Develop a new **thought** life. Think on good and pure things. Do not think or fantasize about your besetting sin (Philippians 4:8).

9. Practice the daily habit of "**putting off**" the old man and "**putting on**" the new man. The new life will soon become dominant or stronger than the old way of life. Daily renew the new man.

10. Trust the Lord to help you. He can strengthen you to overcome your problem. Pray for complete deliverance. *"I can do all things through Christ which strengtheneth me"* (Philippians. 3:13).

Suggestion - Keep these guidelines and read them when you are tempted. Remember, self-will power alone is not strong enough to break sin habits. You need the help of God, Holy Spirit and friends. The new man will grow stronger and increase until the old man is beaten. You can win. Remember, you are not alone, other Christians have faced what you are facing and they won. Today they have the victory and so can you if you will not quit..



Don't Let Sin Control Your Body
Romans 6:12



How To Be Free From Sins

