

# HOW CAN I STOP THIS?



## OVERCOMING CONTROLLING HABITS

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## I JUST CAN'T STOP

Ever felt like you're imprisoned by a habit you can't stop? Well, you're not alone.

Some people can't stop lying though they want to. Some behave unkindly when they get angry. Others insult and helplessly disrespect even their parents and other older people. And many are hooked to alcohol, drugs and pornography. Though they know it's a vice it's hard to stop; though they know it's bad they just can't help themselves.

**'All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.' I Corinthians 6:12**

## I NEED A WAY OUT

The Apostle Paul once shared that same concern - For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. - Romans 7:15

Fortunately, he found the answer to this challenge - O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord!... - Roman 7:24-25

Is there a way to break bad habits and overcome them? Yes!

Jesus can break the control of bad habits on your life and help you live above them. Come to Him just as you are and tell Him you want to be free and He will set you free.

## HOW TO BE FREE FROM SIN

Take the next few steps in prayer; allow the Lord to break the power of sin over your life and set you free:

**A** Acknowledge that you are a sinner and decide to live rightly henceforth (Romans 3:23, Romans 6:23)

**B** Believe that Jesus died and has already paid the price for your sin (Romans 5:8)

**C** Confess Jesus as your Saviour and Lord

**That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. (Romans 10:9-10)**

## SAY THIS PRAYER

Heavenly Father, today, I come to you just as I am. I am a sinner. I have sinned against you and ask you to forgive me of all my sins. Today, I ask you to give me a new life. Come into my heart and be my Lord and personal Saviour.

I receive forgiveness of sins; I receive new life in Christ Jesus and I declare that I am born again. I have left my sins and the world to follow Jesus and His word. I'm a child of God. Thank you, Father, for accepting me, in Jesus' Name. Amen!

**If you said this prayer sincerely, you have come to Christ and you are born again. Grow your faith now through prayer, daily reading of the bible and fellowship with other Christians. Join a bible believing church and you will receive help to grow in your faith.**