

**What the Bible Says about Habits**  
**#SermonHabits1**  
**Habits For Spiritual Growth**  
**Dr. Mark Jackson - March 19, 2017**

**Hebrews 4:12** For the **word of God is alive and powerful**. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It **exposes our innermost thoughts and desires**. (NLT)

**How To Know if a Habit is Healthy or Unhealthy**

**1. DOES THE BIBLE SAY “NO”?**

**2 Timothy 3:16** All Scripture is inspired by God and is **useful to teach us what is true** and to **make us realize what is wrong** in our lives. It straightens us out and **teaches us to do what is right**. (NLT)

**2. DOES IT GIVE THE APPEARANCE OF EVIL?**

**1 Thessalonians 5:22** Abstain from all **appearance of evil**. (KJV)

**3. DOES IT CAUSE ME TO ASSOCIATE WITH THE WRONG PEOPLE?**

**1 Corinthians 15:33** Do not be fooled: **Bad friends will ruin good habits**. (NCV)

**4. DOES IT CONTROL MY LIFE?**

**1 Corinthians 6:12** Some of you say, "We can do anything we want to." But I tell you that not everything is good for us. So I **refuse to let anything have power over me**. (CEV)

**5. DOES IT VIOLATE GOD’S TEMPLE?**

**1 Corinthians 6:19-20** Don't you know that **your body is the temple of the Holy Spirit**, who lives in you and who was given to you by God? You do not belong to yourselves but to God; <sup>20</sup> he bought you for a price. So use your bodies for **God's glory**. (TEV)

**6. DOES IT CAUSE A WEAKER CHRISTIAN TO STUMBLE?**

**Romans 14:13** We must make up our minds not to do anything that will make a Christian brother sin. (ICB)

**1 Corinthians 8:9** But be careful that your freedom does not cause those who are weak in faith to fall into sin. (NCV)

## 7. IS IT BEING DONE APART FROM FAITH?

**Romans 14:23b** ...Anything that is not done in faith is sin. (GW)

**Romans 10:17** So then faith comes by hearing, and hearing by the word of God. (NKJV)

## 8. IS IT AGAINST THE LAW?

**Romans 13:1-2** Obey the government, for God is the one who put it there. All governments have been placed in power by God. <sup>2</sup>So those who refuse to obey the laws of the land are refusing to obey God, and punishment will follow. (NLT)

## 9. IS IT DONE OUT OF LEGALISM?

**Matthew 15:3, 6** Jesus replied, “And why do you, by your traditions, violate the direct commandments of God? <sup>6</sup> In this way, you... cancel the word of God for the sake of your own tradition.” (NLT)

## 10. DOES IT DRAW ME AWAY FROM JESUS?

**2 Corinthians 11:3** But I fear that somehow you will be led away from your pure and simple devotion to Christ, just as Eve was deceived by the serpent. (NLT)

**James 1:21** So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you. (TEV)