

B. Read related _____ or materials every day.

“My people are destroyed for lack of knowledge:...”

Hosea 4:6a

“The cloke that I left at Troas with Carpus, when thou comest, bring with thee, and the books, but especially the parchments.”

II Timothy 4:13

V. _____ THE BENEFITS

*“1 Unto thee lift I up mine eyes, O thou that dwellest in the heavens.
2 Behold, as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden unto the hand of her mistress; so our eyes wait upon the LORD our God, until that he have mercy upon us.”*

Psalm 123:1-2

A. Remember God’s _____.

“1 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.

2 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 12:1-2

B. Remember God’s _____.

“13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

14 In whom we have redemption through his blood, even the forgiveness of sins:”

Colossians 1:13-14

GET UNHOOKED FROM YOUR ADDICTIONS!!

“31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

32 And ye shall know the truth, and the truth shall make you free.”

John 8:31-32

UNHOOKED ~ FINDING RELEASE FROM YOUR ADDICTIONS How To Motivate Yourself For Change Pastor Steve Reynolds

INTRODUCTION

A. Our culture is hooked! The truth is everyone struggles with addiction. Pornography, spending, tobacco, alcohol, drugs (prescription and illegal), gaming, food, sex, gossip, media and the list goes on. The list of addictive behaviors has never been longer and they have never been easier to find. The good news is that we can be released.

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

I Corinthians 10:13

B. This six week series of messages will teach you...

February 21 –Why Everyone Struggles With Addiction

February 28 –How To Experience God’s Power

TODAY – How To Motivate Yourself For Change

March 14 – How To Manage Your Lifestyle Habits

March 21 – How To Build A Circle Of Support

March 28 – Maintaining Momentum

Come as you are and discover how to find release from the very thing that has you hooked.

C. Text: Matthew 16:24-25 (Pew Bible Page 18/New Testament)

Jesus stated that maximized living is possible by “Losing To Live”.

This statement is repeated _____ times in the Bible:

Matthew 10:39, 16:25-26, Mark 8:35-36, Luke 9:24-25, 17:33 and John 12:23-26

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

John 10:10

HOW TO MOTIVATE YOURSELF FOR CHANGE

I. _____ ON GOD

“O taste and see that the LORD is good: blessed is the man that trusteth in him.”
Psalm 34:8

A. _____ that you can't change without God.

“11 As a dog returneth to his vomit, so a fool returneth to his folly.”
Proverbs 26:11

“29 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?

30 They that tarry long at the wine; they that go to seek mixed wine.

31 Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.

32 At the last it biteth like a serpent, and stingeth like an adder.

33 Thine eyes shall behold strange women, and thine heart shall utter perverse things.

34 Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast.

35 They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.”
Proverbs 23:29-35

B. _____ you can change through God.

“Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?”
Jeremiah 32:27

II. _____ YOUR ATTITUDE

“For as he thinketh in his heart, so is he:....” Proverbs 23:7a

Your attitude, not your aptitude, will determine your altitude in life.

_____ attitudes that will keep you hooked:

A. “I won't like the way I feel.”

“22 But the fruit of the Spirit is love, joy, peace,...” Gal 5:22a

B. “I don't deserve better.”

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”
Jeremiah 29:11

C. “I can't change.”

“I can do all things through Christ which strengtheneth me.”
Philippians 4:13

III. _____ PROCRASTINATION

“Boast not thyself of to morrow; for thou knowest not what a day may bring forth.”
Proverbs 27:1

A. Stop making _____.

“17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.”
James 4:17

B. Start taking _____.

“And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves,”
Matthew 21:12

IV. _____ YOUR MIND

“22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.”
Ephesians 4:22-24

A. Read the _____ every day.

“10 With my whole heart have I sought thee: O let me not wander from thy commandments.

11 Thy word have I hid in mine heart, that I might not sin against thee.”
Psalm 119:10-11

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”
Joshua 1:8