

**STOP: Putting on the Brakes**  
Road Signs ... for Life – Part 6  
Pastor Gary Steffaniak  
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1. Unhealthy habits \_\_\_\_\_ lives.

*"But we are tempted when we are drawn away and trapped by our own evil desires. Then our evil desires conceive and give birth to sin; and sin, when it is full-grown, gives birth to death."* – James 1:14-15 (TEV)

2. Unhealthy habits require \_\_\_\_\_.

*"Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."* – Hebrews 12:1b (NIV)

*"If your right hand causes you to sin, chop it off and throw it away! It is better to lose one part of your body, than for your whole body to be thrown into hell."*  
– Matthew 5:30 (CEV)

3. God is eager to help you get \_\_\_\_\_.

*"Come, let's talk this over, says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool!"* – Isaiah 1:18 (TLB)

Luke 15

**How to STOP Unhealthy Habits**

1. Acknowledge your \_\_\_\_\_ and ask God for help.

*"I waited patiently for the Lord; he turned to me and heard my cry."* – Psalm 40:1 (NIV)

▪ Recovery requires \_\_\_\_\_ with yourself.

*"You can't heal a wound by saying it's not there!"* – Jeremiah 6:14a (LB)

▪ Recovery requires \_\_\_\_\_ with others.

*"Confess your sins to each other and pray for each other so God can heal you."*  
– James 5:16a (NCV)

▪ Recovery requires \_\_\_\_\_ to God.

*"Commit everything you do to the Lord. Trust him to help you do it, and he will."*  
– Psalm 37:5 (LB)

▪ Recovery requires \_\_\_\_\_ with the process.

*"You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way."* – James 1:3-4 (MSG)

◆ Because God hears me, I can experience \_\_\_\_\_.

2. Let go of the \_\_\_\_\_ and let God help you recover.

*"He lifted me out of the slimy pit, out of the mud and mire ..."* – Psalm 40:2a (NIV)

*"As a dog returns to its vomit, so a fool repeats his folly."* – Proverbs 26:11 (NIV)

*"Near the Sheep Gate in Jerusalem there is a pool with five porches; in Hebrew it is called Bethzatha. A large crowd of sick people were lying on the porches—the blind, the lame, and the paralyzed. A man was there who had been sick for thirty-eight years. Jesus saw him lying there, and he knew that the man had been sick for such a long time; so he asked him, 'Do you want to get well?'"* – John 5:2-6 (TEV)

◆ Because God delivers me, I can experience \_\_\_\_\_.

3. Anchor your faith in \_\_\_\_\_ instead of shaky substitutes.

*"He set my feet on a rock and gave me a firm place to stand."* – Psalm 40:2b (NIV)

▪ Don't rely entirely on \_\_\_\_\_.

*"Trust God from the bottom of your heart; don't try to figure out everything on your own."* – Proverbs 3:5a (MSG)

▪ Don't be dependent on \_\_\_\_\_.

*"It is better to trust in the Lord than to depend on people."* – Psalm 118:8 (TEV)

▪ Don't put your trust in \_\_\_\_\_.

*Some trust in chariots, others in horses, but we trust the Lord our God."*  
– Psalm 20:7 (NCV)

◆ Because God establishes me, I can experience \_\_\_\_\_.

4. Alter your \_\_\_\_\_ and take on a new outlook.

*"He put a new song in my mouth, a hymn of praise to our God."* – Psalm 40:3a (NIV)

*"When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right!"* – Proverbs 15:15 (LB)

*"A cheerful disposition is good for your health; gloom and doom leave you bone-tired."* – Proverbs 17:22 (MSG)

◆ Because God renews me, I can experience \_\_\_\_\_.

5. Impact your world by helping others get \_\_\_\_\_.

*"Many will see and fear and put their trust in the Lord."* – Psalm 40:3a (NIV)

*"Brothers and sisters, if a person gets trapped by wrongdoing, those of you who are spiritual should help that person turn away from doing wrong."* – Galatians 6:1a (GW)

◆ Because God uses me, I can experience \_\_\_\_\_.