

If You Give A Mouse A Cookie

(Help For Battling Bad Habits)

Introduction

Laura Numeroff wrote a wonderful little children's book about a boy that gave a mouse a cookie. That was a mistake. It started several bad habits in the mouse that the boy could not stop. We can relate. We start things thinking they will be good, only to learn later that they have developed into a bad habit. The truth is, we all have bad habits. The Bible warns and guides us in relation to bad habits.

I. God Knows Us And He Knows Our Habits

- A. Psalm 139:3; 23-24
- B. John 1:48
- C. He is aware of the good and the bad: Pr. 15:3

II. Our Habits Matter To God

- A. Why? Why does God care what we do?
 - 1. We are not our own!
 - 1 Corinthians 6:19-20
 - Romans 14:8
 - 2. Our habits effect our relationship with God
 - Ezekiel 18:4
 - Romans 6:23
- B. Are your habits benign or malignant?
 - Today may be the day to change your habits
 - “Anyone can quit, but very few people stay quitters.”

III. Dangerous Habit Areas: Proverbs 4:20-27

- 1. **Our Eyes:** Matthew 5:28-29
 - President Carter was mocked when he admitted to “spiritual adultery”
- 2. **Our Mind / Ways:** 2 Corinthians 10:3-5
 - How many habits would we change if we took every thought captive for Christ?
- 3. **Our Heart & Mouth:** Pr. 23:7a / Luke 6:45
 - They are forever linked together.

IV. Help For Our Bad Habit Battles

- A. **Seek Those Things That Are Good And Godly:** Colossians 3:1-2
- B. **Let The Word of God Dwell In Your Life:** Colossians 3:16-17
- C. **Have An Active Relationship With The Church:** 1 Corinthians 12:25-27
- D. **Be Involved In Good Works So There Is No Room For Bad Habits:** Ephesians 2:10
- E. **Make Prayer An Active Part Of Your Day:** 1 Thessalonians 5:17

Conclusion

Our habits don't have to control us. Bad habits don't have to define us. There is help and victory through the Word of God when it comes to battling bad habits. Do you need help with your habits? Why not start today?