

# Bad Habits

Colossians 3:5-10

Introduction: I have a confession to make. I eat too much. As a result, I'm overweight. I'm overweight because I like to eat. Now, I tell myself it's not that bad. Sure my clothes are a little tighter but everyone puts on a little weight as they age and I'm not as heavy as others my age. However, no matter how I look at it, I have a bad habit.

Some of you have noticed it too. I suspect most of you, being kind, don't say anything about it. Others have gently asked, "Are you putting on a little weight?" No one wants to come out and just say, "Steve, you should stop overeating, change your diet and habits and lose those pounds." (Except my wife.)

Sure, I know I should not eat as much and I also know the things I like the best are not necessarily good for me. I just need to change my bad habits. Yet, I resist such change and I make excuses for my weight.

The point I wish to make is this. Many people deal with sin like I have dealt with my weight. We treat sinful practices as just another bad habit; sinful practices like smoking, drinking, cursing, missing services, and not studying our Bibles just to name a few.

I. When sinful practices become bad habits, we make excuses.

A. We minimize sin. We think it is not as bad as it really is. This is the deceitfulness of sin (Heb. 3:12-13). Hardening to sin happens when sin becomes a habit.

B. We dismiss sin by measuring our sin against others. We say, "I'm not as bad as that guy and he's a Christian." Paul says such comparisons are not wise (2 Cor. 10:12). Comparisons give us a false sense of justification.

C. We might even admit we like the sin too much. There is pleasure in sin, but it is only temporary (Heb. 11:24-25). In the end, we will pay for it.

D. We might think we lack the will power to refrain from sinning. We tell ourselves; we can't help it.

1. Yet, we know we can help it with the Lord's help (Phil. 4:13).

2. God does not allow us to be tempted beyond our ability to resist (1 Cor. 10:13).

II. Christians are to put off old deeds (including sinful habits).

A. Allowing sin to become a habit is to enslave oneself to sin (Rom. 6:6).

B. Our former conduct should not be what characterizes us (Eph. 4:20-24).

C. Whether our bad habit is lying or missing services, we are to put off those old sinful practices (Col. 3:9-10). "*Put off the old man with his deeds.*"

### III. The danger of sinful habits.

#### A. It will rub off on the church (1 Cor. 5:6-8).

1. A little yeast will cause all of the dough to rise. In other words, members in the church will adopt sinful habits from someone else's sinful habits.

2. The solution is to remove the OLD yeast (bad habits).

3. Replace the old yeast with sincerity and truth. If we are sincere and truthful with ourselves, we would not allow ourselves to be drawn into the bad habits of sin.

#### B. God has put us together in the church (1 Cor. 12:18).

1. Will the Lord allow us to grow as a church if we can't care for and correct our members (1 Cor. 12:25)? Maybe we aren't growing as we should because we won't warn each other of our sins.

2. Does God expect us to hold each other to the same standards which God will use to judge us (1 Tim. 5:20; 2 Tim. 4:2; Tit. 1:13; 2:1; Rev. 3:19)?

### IV. Seek the things above (Col. 3:1-4). Put away all sinful habits (Col. 3:5-10).

Conclusion: For clarity, I am not saying that being overweight is sinful. My analogy to weight was only for illustration. It just happens to be that people make the same type of arguments against losing weight as they do to committing sin. Bad habits that involve sin must stop. If sin is a bad habit, don't try to rationalize it, minimize it, or explain it away. Rather, confess it, repent of it, and seek God's forgiveness.