



# How To Get Out Of A Rut

"For you are a slave to whatever controls you." (2 Peter 2:19)

## 1. Admit I Am \_\_\_\_\_

"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate...I want to do what is right, but I can't. (Romans 7:15,18)

• What \_\_\_\_\_ Do I Need To Change? (Eph. 5:8,9)  
"now you are full of light from the Lord, and **your behavior should show it!**"

• What \_\_\_\_\_ Do I Need To Change?  
"let God transform you into a new person by **changing the way you think.**" (Rom. 12:2)

I am stuck in \_\_\_\_\_

## 2. Refuse To \_\_\_\_\_

"Don't be fooled by those who **try to excuse these sins**" (Eph. 5:6)

• What Am I \_\_\_\_\_?  
"People who **conceal** their sins will not prosper, but if they confess and turn from them, they will receive mercy." (Prov. 28:13)

• Who Am I \_\_\_\_\_? (Prov. 19:3)  
"People ruin their lives by their own foolishness and then are angry at the LORD."

• Why Am I \_\_\_\_\_?  
"If you wait for perfect conditions, you'll never get anything done!" (Eccl. 11:4)

My excuse is \_\_\_\_\_

"God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out **so that you can endure.**" (1 Cor. 10:13)

## 3. Visualize The \_\_\_\_\_

"I am working for the day when I will finally be all that Christ Jesus saved me for and **wants me to be.** I am focusing all my energies... looking forward to what lies ahead, I strain to reach the end of the race and **receive the prize**" (Phil. 3:13,14)

My goal is not avoiding sin. My goal is \_\_\_\_\_

## 4. Rewire My \_\_\_\_\_

• What \_\_\_\_\_ Should I Erase?  
"Run from anything that stimulates youthful lust." (2 Tim. 2:22)  
"Don't be fooled...bad company corrupts good character." (1 Cor. 15:33)

• What D \_\_\_\_\_ Should I Download?  
"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable." (Phil. 4:8)

## 5. Get A \_\_\_\_\_

"If another Christian is overcome by some sin, you who are godly should humbly and gently **help that person...Share each other's troubles and problems**" (Gal 6:2, 2)

"Confess your sins to each other and pray for each other so that you may be healed." (James 5:16)

## 6. Allow \_\_\_\_\_

"stay on the safe path. Don't get sidetracked; keep your feet from following evil" (Prov. 4:26,27)  
"don't think of ways to indulge your evil desires." (Rom. 13:14)

## 7. Outsource The \_\_\_\_\_

"God is working in you, **giving you the desire** to obey him **and the power** to do what pleases him."  
"I can do **everything with the help of Christ** who gives me the strength I need." (Phil 2: 13; 4:13)

• \_\_\_\_\_ Daily  
"As we **know Jesus better**, his divine power gives us everything we need for living a godly life..." (2 Peter 1:3)

• \_\_\_\_\_ Daily (Rom. 6:12,13)  
"Do not let sin control the way you live...Instead, **give yourselves completely to God**"  
"But let the Lord Jesus **Christ take control of you**" (Romans 13:14)

I'll give Christ more control by \_\_\_\_\_

## 8. Don't Give Up, \_\_\_\_\_

"The godly may trip seven times, but each time they will rise again." (Prov. 24:16)