



## HANDLING HARMFUL HABITS

*"I waited patiently for the Lord; and He inclined to me and heard my cry, (2) He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. (3) He put a new song in my mouth, a song of praise to our God; many will see and fear and will trust in the Lord."*

1. **We must look to God for help.** The word "wait" here is the exact same word as is used in Isaiah 40:31.
  - A. Not all "waiting" is Biblical waiting. Biblical "waiting" is not passive
  - B. When David waited, God did two things in response:
    - (1) He inclined to him. David is saying "I thought I was going to die at the hand of the Philistines – and God bowed Himself with all His might to me
    - (2) He heard his cry. "Hearing" in the Bible is listening and responding.

WHAT DOES ALL THIS HAVE TO DO WITH HABITS? ONE OF THE THINGS THAT KEPT DAVID GOING WAS THE FACT THAT GOD HEARS OUR CRY FOR HELP AND ACTS ON OUR BEHALF.

## 2. **We must look to God as our primary hope**

Many "help" groups acknowledge the help of a "higher power" or the need to seek help through means outside of self-help. However, there is a big difference in such an approach and looking to the Creator for our primary help.

- When I am caught in a sinful habit
- When I am in trouble
- When everything I do only makes things worse

there is only one way out of the pit:

- For some, it is a theological pit
- For others, it is a pit of despair

- For still others, it is the control of a habit
- ONLY GOD CAN SET OUR FEET ON A ROCK

**3. When God helps us, He puts a “new song” in our mouth**

- It recognizes sin for how bad it is in God’s sight
- It is a song that longs for God’s Name to be exalted
- It is a song of constant dependence on God