

## **HOW DO WE GET FROM HERE TO THERE?**

### **HELP FOR CHANGING OUR BEHAVIORS.**

**(from the 4/14/24 sermon by Pastor Eric Spickelmier)**

#### **HOW TO CHANGE SINFUL BEHAVIORS**

1. Understanding what leads you into sinful behavior can be a good step toward making change.
2. Know your triggers (and avoid them if possible).
3. Substitute the sinful behavior with something else you enjoy.
4. Being involved in good activities – staying busy – can help you stay out of trouble.
5. Attack the things in life that stress you out.
6. Exercise!
7. Get your life organized.
8. Make sure you have a purpose!
9. Think through who you are hanging out with.
10. Find a fellow Christ Follower you trust and ask them to hold you accountable.
12. Call out to God to help you.
13. Remain in Him (pray, study the Bible, worship, etc).
14. Remember that God's grace has already covered you. You are free!
15. Keep trying things till you find something that works!