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**Theme:** The Flesh and Bad Habits

**Scripture:** Romans 13:13-14

HCSB (Holman Christian Standard Bible)

*“Let us walk with decency, as in the daylight; not in carousing and drunkenness; not in sexual impurity and promiscuity; not in quarreling and jealousy. 14) But put on the Lord Jesus Christ, and make no plans to satisfy the fleshly desires.”*

**A Thought:**

How often do we strive to do the “right thing” to no avail? The “right thing” meaning to break old and continuous habits that our Lord deplors. Paul tells us in Romans 7:18 *“I know that nothing good lives in me, that is in my sinful nature (flesh). For I have the desire to do what is good, but I cannot carried it out.”* Think about it! Even when we want to do good there is that stinky sin that grabs us by the throat and will not let go! Paul goes on to say in subsequent scriptures: The battle with the inner-self is framed with God’s law and the law of sin. You know what I’m talking about - lustful thoughts, a lustful stare, a lustful television program, a puff puff here, or snort there, one more drink and a lack of consideration for those who love you. Shamefully, this creepy ”stuff” plays havoc with our lives even following a few hours after our morning devotional reading or prayer! Day to day can be a challenge. Our daily habitual dilemma is not up for grabs....trust in the Lord.

Now....what are your thoughts? Write them down.

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**Talk to yourself:**

- What is God telling me about my sinful desires?
- Am I lying to myself?
- What is my first step? One step at a time with God.
- Would I watch this TV program if my wife, girlfriend, mom, daughter, sister were in the room?
- Am I taking steps to get help?
- Do I confess my sins to the Lord? Open your heart to Him. He's waiting!

**Scriptures to read:**

- Romans 7:24-25; Romans 12:2; 1 Peter 1:13-16; James 4:6-7; Luke 6:45;
- 1 Cor. 6:12; Mark 7:20-23; Jeremiah 13:23; Proverbs 4:20-27; Ephesians 5:1; Proverbs 13:1-25

**Quote:**

Aurelius Augustine (354-430)

*"I am utterly depraved," he thought, and "the mind alone is no match for the seduction of evil pleasure."*

**Bottom Line:**

Brother Augustine intellectual and once forlorn sinner abandoned his faith only to find it again by reading the scriptures with abandonment. He had no illusions about his standing in the world of intellect and his day to day walk with the Lord. He knew how easy it was for him to reenter the world of fleshly desires and bad habits. The sinful chain is very strong but our Lord can break it with his love and holiness. Take notice of Paul's exhortation in Romans 7:24-25.... *"What a wretched man I am! Who will rescue me from this body of death? I thank God through Jesus Christ our Lord!* " What comfort! We can be rescued by our God through Jesus Christ our Lord!

Write your thoughts down. Don't wait until next week. Do it!

**NOW.....THAT'S THE BOTTOM LINE.**

Spiritual Dabbler, Your bro, Ray

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