

Biblical Promises For Beating Bad Habits

If you are struggling to overcome an addictive process or unhealthy habit in your life, stand firm on these scriptures. Speak the Word of God and claim your victory through faith in Jesus Christ!

“Bless the Lord, O my soul, and forget none of His benefits; Who pardons all your iniquities; Who heals all your diseases; Who redeems your life from destruction; Who crowns you with lovingkindness and compassion.” Psalm 104:3-4

*“**God is our refuge and strength**, a very present help in a time of trouble.”* Psalm 46:1

*“For Thou **will break the yoke of their burden** and the staff on their shoulder, the rod of their oppressor....”* Isaiah 9:4

*“And he said,” O man of high esteem, do not be afraid. Peace be with you; take courage and be courageous. Now as soon as he spoke to me **I received strength** and said, “May my Lord speak, **for You have strengthened me.**”* Daniel 10:19

*“The name of the Lord is **a strong tower**; the righteous runs into it and is safe.”* Proverbs 8:10

*“**He gives strength to the weary, and to him who lacks might he increases power.** Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait upon the Lord will gain new strength; they will mount up with wings as like eagles; they will run and not get tired, they will walk and not become weary.”* Isaiah 40:29-31

*“Do not fear, for I am with you; do not look anxiously about you, for I am your God. **Surely I will strengthen you, surely I will help you. Surely I will uphold you** with My righteous right hand.”* Isaiah 41:10

*“But as for me, I will watch expectantly for the Lord; I will wait for the God of my salvation. My God will hear me. Do not rejoice over me, O my enemy; **though I fall, I will rise**; though I dwell in darkness, the Lord is a light for me.”* Micah 7:7-8

*“Behold I have given you authority to tread upon serpents and scorpions, **and over all the power of the enemy**, and nothing shall injure you.”* Luke 10:19

*“That He would grant you, according to the riches of His glory, **to be strengthened with power through His Spirit in the inner man.**”* Ephesians 3:16

“I can do all things through Jesus Christ who strengthens me.” *Philippians 4:13*

“But in all these things we overwhelmingly conquer through Him who loved us.”
Romans 8:37

*“If you abide in Me, and My words abide in you, ask whatever you wish, and **it shall be done for you.**”*
John 15:17

*“I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And **do not be conformed to this world, but be transformed by the renewing of your mind** that you may prove what the will of God is, that which is good and acceptable and perfect.”*
Romans 12:1-2

*“For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, **but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God and we are taking every thought captive to the obedience of Christ.**”*
II Corinthians 10:3-5

*“You are from God little children, **and have overcome them:** for **greater is He** (Jesus Christ) who is in you than he (Satan) who is in the world.”*
I John 4:4

*“For whatever is born of God **overcomes the world;** and **this is the victory** that has overcome the world---our faith.”*
I John 5:4

*“Now to Him who is able **to keep you from falling, and to make you stand** in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.”*
Jude 24-25

Confession Of Faith

Through personal faith in Jesus Christ I can conquer anything. I am no longer bound by this bad habit (name it) because Jesus has set me free! By God’s strength, I rise up to defeat this addiction in Christ’s name. With the help of the Holy Spirit, I replace bad habits with good

**ones. I stand on God's promises that I am healed, restored, renewed,
whole, healthy and in charge of my life.**

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