

Burn the Books!



REPENTANCE IN ACTS 19:11-20

Breaking the Habit



- To many people repentance is little more than saying they are sorry for doing something wrong.
- While feelings of guilt and remorse should be a part of repentance (**Joel 2:12-13**; **Psalm 51:4, 17**)...
- ...those feelings should move us towards a change in our behavior (**Matthew 21:28-32**; **Prov 13:12**; **1 Thessalonians 1:9-10**; **Acts 26:20**; **2 Corinthians 7:8-11**).
- Sin can often act like an addiction, which makes it at times very difficult to break away from.



Start your stop smoking plan with START

S = Set a quit date.

Choose a date within the next 2 weeks.

T = Tell family, friends, and co-workers that you plan to quit.

Let your friends and family in on your plan to quit smoking and tell them you need their support and encouragement to stop.

A = Anticipate and plan for the challenges you'll face while quitting.

Plan ahead for common challenges, such as nicotine withdrawal and cigarette cravings.

R = Remove cigarettes and other tobacco products from your home, car, and work.

Throw away all of your cigarettes (no emergency pack!), lighters, ashtrays, and matches!

T = Talk to your doctor about getting help to quit.

Your doctor can prescribe medication to help with withdrawal and suggest other alternatives.

Burning the Books...



- **S = Set a quit date.** There is no better time than today (for there is no other guaranteed time than today).
- **T = Tell family, friends, and co-workers that you plan to quit.** The magicians in Acts 19 made their repentance very public; they began “*confessing and disclosing their practices... in the sight of everyone.*”
- **A = Anticipate and plan for the challenges you'll face while quitting.** “One habit overcomes another” (*Thomas Kempis*). The Bible frequently, when mentioning what to remove from our lives, will in the same context specify what needs to be added (***Ephesians 4:22-5:1; Colossians 3:5ff; 2 Timothy 2:22***).
- **R = Remove temptations.** They burned their books! For the magicians in Acts 19 there would be no going back! Do you (metaphorically) have some books lying around that should be burned?
- **T = Talk to your doctor.** The magicians turned to Jesus, the Great Physician. I own up to the fact that I have been living selfishly and treating God and others in a poor manner. I don't defend my poor behavior, I don't make excuses, I own up (“*I am the man*” ***2 Samuel 12:13; Luke 18:13*** “*God, be merciful to me, the sinner*”). It's okay to seek help.