

*“As a dog returns to its vomit, so a fool repeats his foolishness.”*  
Proverbs 26:11

**The Question: Why do we do this?**

**Think About It...**

1. We do something that we shouldn't do
2. We experience the painful consequences of our decision
3. We express regret and remorse
4. We commit to not doing what we did again
5. Somehow, someday, we find ourselves \_\_\_\_\_ the same sinful or foolish behavior over and over again. Why?

**The Problem...**

1. We don't take our \_\_\_\_\_ seriously
2. We don't see our sin the way God sees it → \_\_\_\_\_

**According to Solomon...**

*A fool is not someone who makes a mistake. A fool is someone who continually makes the same mistake without learning from it.*

**According to God's Word...**

1. As believers, God \_\_\_\_\_ us from the power of sin in our lives  
*“<sup>16</sup> Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. <sup>17</sup> Thank God! **Once** you were slaves of sin, but **now** you wholeheartedly obey this teaching we have given you. <sup>18</sup> Now you are free from your slavery to sin, and you have become slaves to righteous living.”* – Romans 6:16-18
  - a. Our choices reveal our foolishness \_\_\_\_\_

- b. We can choose \_\_\_\_\_ which leads to sin
- c. We can choose \_\_\_\_\_ which leads to righteousness

*“Too often, we say we are defeated by this or that sin. No, we are not defeated. We are simply disobedient. It might be good if we stop using the terms victory and defeat to describe our progress in holiness. Rather, we should use the terms obedience and disobedience.”* – *The Pursuit of Holiness*, Jerry Bridges

**Application:** We don't have to return to our \_\_\_\_\_

*“Run from [all these] evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness.”*  
– 1 Timothy 6:11

2. As believers, God wants us to stop our sin \_\_\_\_\_ we give into it

*“We take every thought captive to obey Christ.”* – 2 Corinthians 10:5, NRSV

- a. We need to \_\_\_\_\_ our triggers
- b. We need to take our \_\_\_\_\_ captive instead of being captivated by them = “blocking is not stopping”

**Application:** We gain \_\_\_\_\_ over our behaviors by changing what we think about

*“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”* – Philippians 4:8

3. As believers, we live \_\_\_\_\_ grace and \_\_\_\_\_ grace  
*“Let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”* – Hebrews 4:16

**Application:** We \_\_\_\_\_ and \_\_\_\_\_ by grace

*We believe that we are all saved the same way, by the undeserved grace of the Lord Jesus.* – Acts 15:11