




# WORKING THROUGH THE TRIGGERS OF ENSLAVING SIN

Jim Berg, DMin



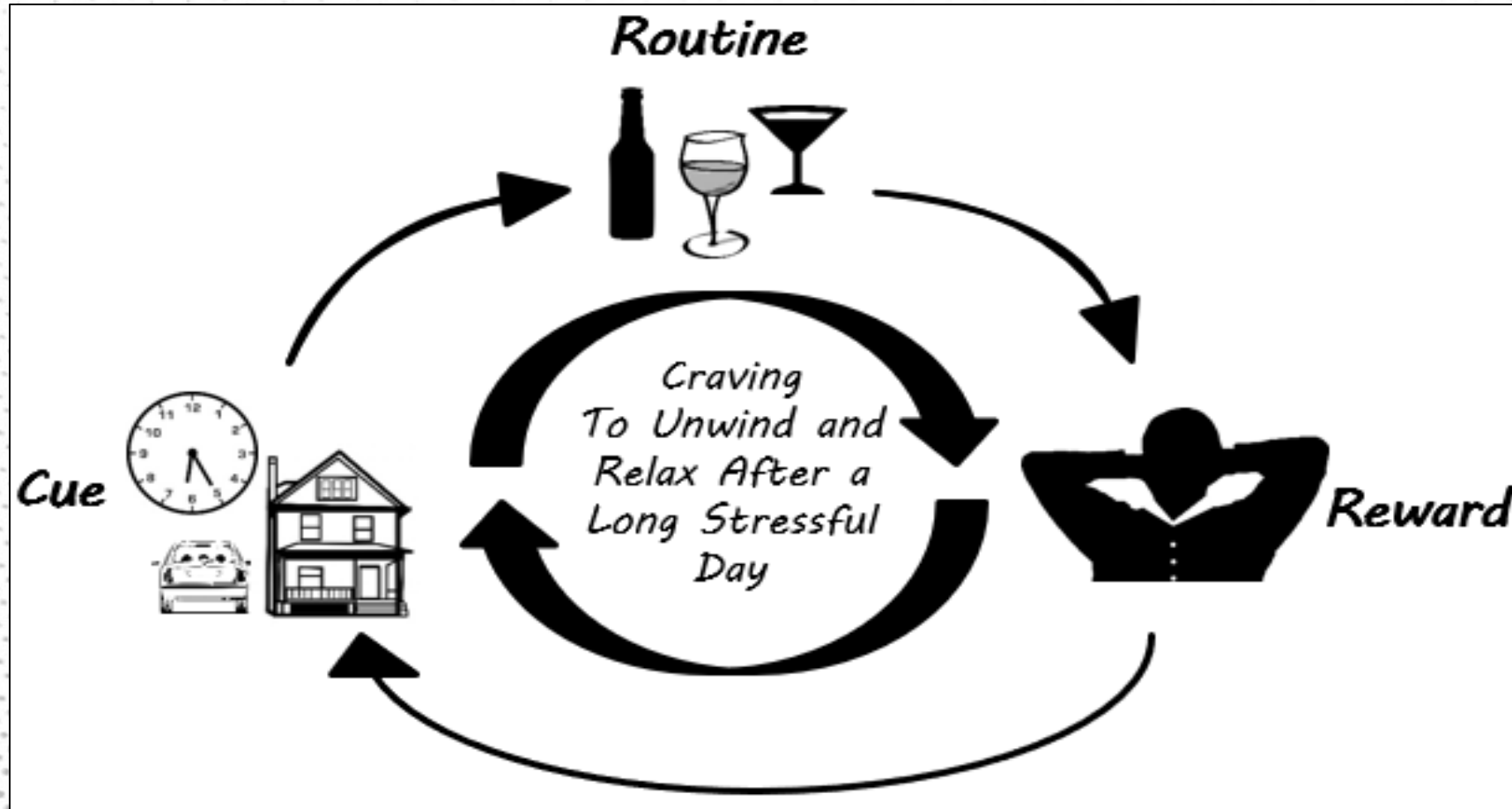


“Don’t judge what  
you see by what  
you see. Judge  
what you see by  
what the Bible says  
you see.”

Dr. Bob Jones, Sr.

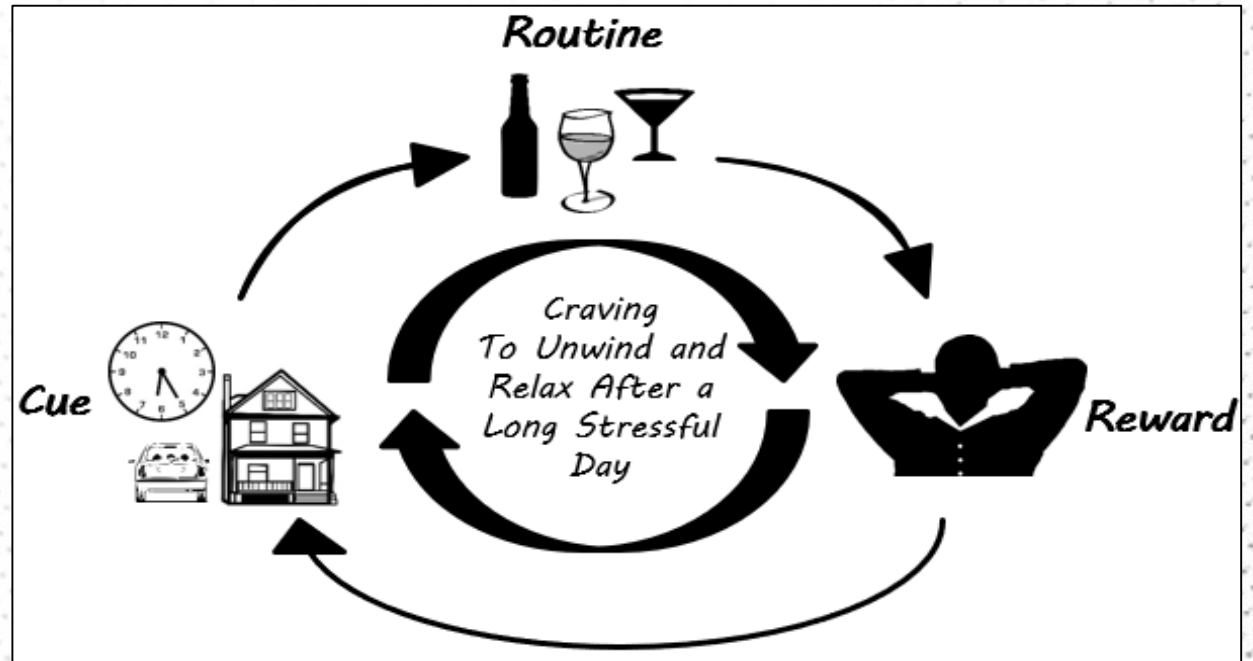


# THE HABIT LOOP (COMMON VIEW)



# WHAT ARE TRIGGERS?

Habituated *associations*  
(cues)  
that activate  
habituated *responses*  
(routine)

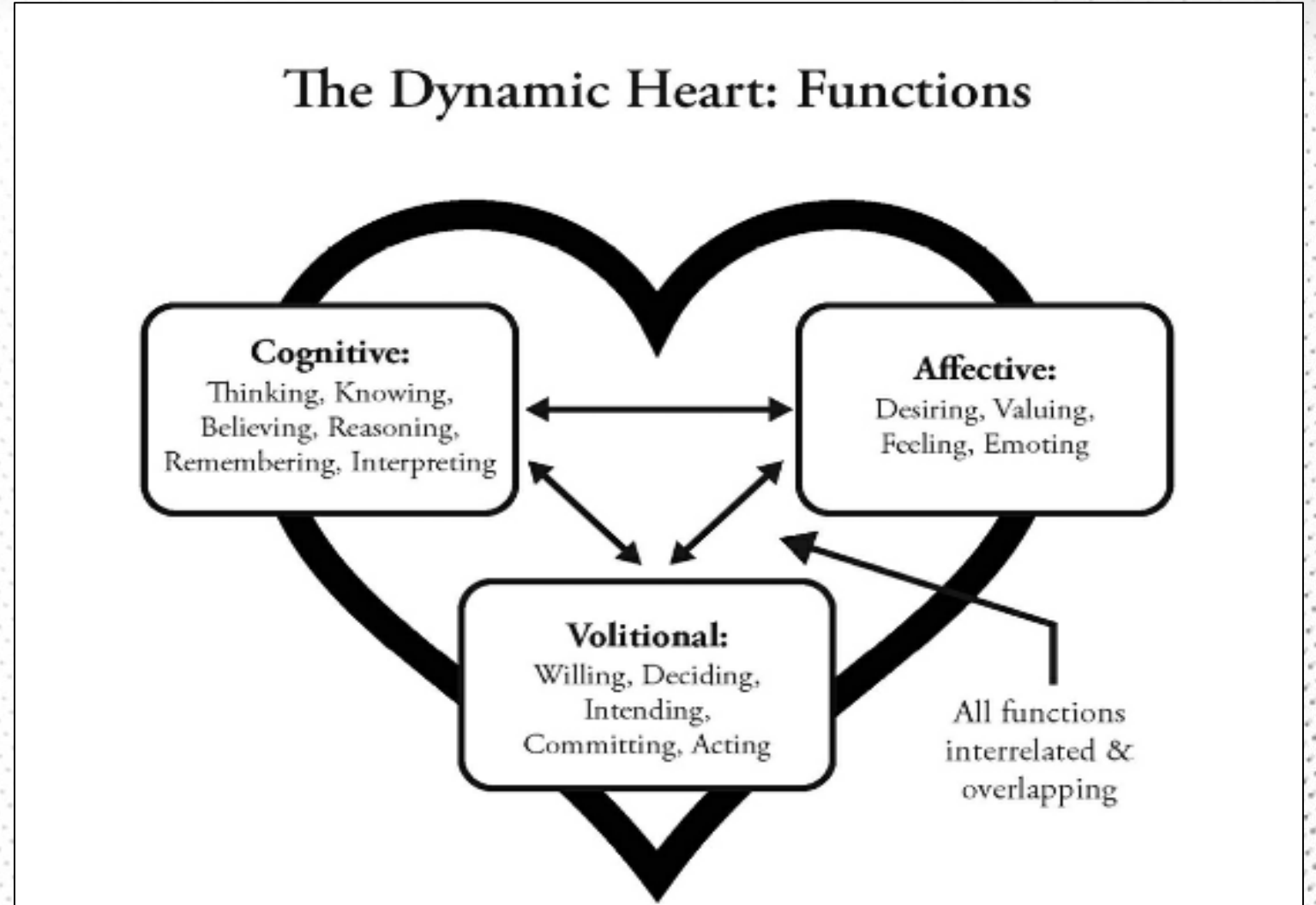




# WHAT IMPRINTS MEMORY IN THE BRAIN?

1. Repetition
2. Concentration
3. Strong emotion

# UNDERSTANDING HABITS OF THE HEART





# SANCTIFICATION COMPONENTS AND STRATEGIES (EPHESIANS 4:22-24)

- Put off the [ways of] the old man (v. 22)
  - Recognize, Repent, Radically amputate, Resist
- Be renewed in the spirit of your mind (v. 23)
  - Recommit, Renew
- Put on the [ways of] the new man (v. 24)
  - Restructure, Repeat

All of this by God's grace for God's glory!

# CONCLUSION

Mature believers are tempted to sin; mature believers do sin.  
But mature believers are not dominated and enslaved by sin.

The opposite of addiction and life-dominating sin is sanctification!



# **REPENTANCE: SIDING WITH GOD AGAINST MYSELF**





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