

OVERCOMING VICES by Infuse Magazine

We all sin and have vices we need to work on. What I will attempt to do in this article is address a number of **methods you can implement to overcome** the issues that you may be struggling with.

Before we get started we need to address a definition of vice. Of course there are a number of definitions out there on the word vice. We will define it as a negative practice or behavior. It could be a sin, something immoral, a bad habit, a fault or a defect. Keeping that in mind, let's see how we can overcome vices.

Stay Positive: No matter how hard you try to stop smoking, quit drinking, stop overeating, and flee lust you will not change immediately in most cases. Therefore you need to not get discouraged when you find yourself getting back to your vice. Remember that when you repent and ask forgiveness from Jesus you are forgiven. Don't let the Devil mess with your attitude. If we constantly feel guilt and lack self-esteem we could become depressed and give up on the change we are trying to instill.

Get Involved With Others: For some it might involve attending regular Alcoholics Anonymous meetings; for others it may take involving a trusted family member or Church member to be made aware of your problem and help encourage you to overcome the issue. When you have someone who can support you it will become easier to quit the vice ([Ecclesiastes 4:9-10, 12](#)).

Stay Away From It: One of the best ways to escape the vices you may be suffering from is to get away from anything that will bring the vice to mind or make it easy for you to partake of it. If you have a problem with gluttony or eating the wrong things, you can't buy those things and put them in your home. I love potato chips, but I purchase them on rare occasions because I know the power they have on my taste buds. By not having this item in my house it is much easier to not eat. If you are having a problem with viewing improper images, get rid of the cable stations on your TV that are tempting you. If you are tempted by improper websites, allow yourself on to the home computer only when your husband, wife, or a family member is present. Block websites that are causing you issues.

This may also involve making new friends. Some of your old friends may lead you into situations and circumstances that can lead to vice. You might need to stop hanging out with these individuals if they are a negative influence on you.

One Month Rule: If you can stay away from your vices for over a month it becomes much easier to remain free of your vices. The longer you can go without the vice the easier it will become to stay away from whatever the vice may be. Keep this in mind as a goal that can help you overcome the issue.

Stay Active: Find other positive activities to take the place of your vice. If you have a problem with food or drink, try exercise instead. Exercise can supply a natural high that you will want to return to after you have made the exercise a regular part of your life. This can help dissipate the withdrawal feelings you might have after giving up cigarettes, drugs, or alcohol. Filling up your life will also help you stay away from the things that could be negative for you. If you watch inappropriate movies or websites, find more positive activities to take the place of these activities.

Prayer/Meditation/Bible Study/Church: All four of these activities should take up some of your daily time. This will help you stay away from your negative activities and bring you closer to God and His Spirit.

God's Spirit working in you can overcome anything in this world. Never forget that if you have God's Spirit you can overcome anything ([1 John 4:4](#)).

Acknowledge the Wrong Behavior: One of the first steps to overcoming a vice is acknowledging that the activity is wrong and needs to stop. If you find reasons for why you can still take part in the vice you are not going to get past it.

Hopefully this short article has given you some ideas on how to overcome your vices. Remember you can do it. [Philippians 4:13](#) tells us that you can do anything through Jesus and His strength working in your life.

Believe it and be an overcomer!