

Lord, Help Me Break This Habit



By Quin Sherrer and Ruthanne Garlock, Chosen, softcover, 192 pages, \$.

Quin Sherrer and Ruthanne Garlock speak plainly about a touchy subject—habits. Worry, fear, criticism, anger, pride—they’re so common we hardly recognize how these “household sins” are crippling us. They’re tough, too. Bad habits don’t drop away the minute we become Christians; and repenting doesn’t always break the pattern.

As Sherrer writes, “First, we make our habits. Then our habits make or break us.” These authors take it all on: manipulation, sexual temptations, prejudices, even religious activities are exposed as coping mechanisms that remove people from their true feelings of sadness, rejection, inadequacy or pain. We can have a richer life, they explain, by tapping into God’s power and bringing our daily activities into a better balance.

They share memorable stories of people who broke bad habits, such as the disgruntled family who had to put \$1 in a “Complaining Cup,” or the congregation that switched a wristband to the other wrist each time they gossiped or made a sarcastic comment. This book will encourage readers to use strategy and persistence to get free from bad habits.