

HAUNTED HOUSE 3: WEREWOLF - Why Do I Keep Doing Things I Don't Want to Do?

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Key Scriptures: Romans 7:15, 21-25; John 8:34-36; Romans 6:9, 14; Luke 11:21-26; Galatians 5:16, 22-23

Big Idea: Jesus has mastery over what masters us.

Haunted House Bumper Vid

Welcome - Handouts

WHEN THE CHOICE STARTS CHOOSING

When I first got Netflix, it felt like unlimited access to movies.

I chose the service. Then it started choosing for me.

I had work I needed to do. Conversations I needed to have. I needed to go work out. But Netflix was what I chose to do.

I would watch movies because they were available, not because I actually wanted to see them.

Something I chose started crowding out the things I had chosen to do.

WHY CAN'T I BREAK THIS PATTERN?

That's my story, but this reaches beyond Netflix.

We make a promise. "I'm not going to do that again."

Then we're lonely, angry, stressed, bored, or tired.

Same situation. Same pattern.

We plan. Pray. Read. Tell ourselves this time will be different.

Then the pressure hits.

Anger. Resentment. Overspending. Overeating. Drinking.

Avoidance. Scrolling. Pornography. Destructive reactions.

Afterward: shame, guilt, disappointment.

What is this doing to me? To the people I love?

WHEN THE SAME SITUATION KEEPS WINNING

-About 43% of what we do every day is driven by habit.

-61% of U.S. adults report consuming pornography. 54% of practicing Christians

-Age 12 - average reported first exposure to pornography in U.S.

-Online gambling: 15% in 2018 to 22% in 2024.

-Global Terrorism Index – youth become radicalized within weeks.

-42% of terror-related investigations involved children and adolescents in 2025.

May more stats we could cite...

-Substance abuse – drugs & alcohol.

-Anger damaging the people closest to us.

-Buying & overspending habits...

-Avoidance making the next conversation harder.

WE ARE NOT HEALTHY... We ask...

I don't want to keep doing this. Why do I keep going back to it?

We hope for better. Plan for better. Pray for better.

Then the situation returns - and we become someone we never meant to be.

WEREWOLF - Why Do I Keep Doing Things I Don't Want to Do?

Ordinary person. Full moon comes. Something changes.

The moment. The place. The feeling. The opportunity.

A version of us we don't recognize.

FOUR TRUTHS ABOUT BREAKING FREE

1. THERE'S A WAR GOING ON INSIDE ME

If you've seen An American Werewolf in London, you remember its transformation scene.

What makes it unsettling is the man's grief and helplessness. He knows what is happening. He doesn't want it to happen. He can't stop it.

WHAT IF I'M BECOMING SOMEONE I NEVER WANTED TO BE?

Paul describes a war going on inside him.

Romans 7:15 NIV

"I do not understand what I do. For what I want to do I do not do, but what I hate I do."

I want to do right - but do what I hate.

Romans 7:21-23 NIV

"So I find this law at work: Although I want to do good, evil is right there with me."

Another law at work in me. Waging war. Making me a prisoner.

Then Paul asks:

Romans 7:24 NIV

"Who will rescue me from this body that is subject to death?"

Romans 7:25 NIV

"Thanks be to God, who delivers me through Jesus Christ our Lord!"

Paul names the monster at work in him - but also points to the rescuer.

WHO WILL RESCUE ME?

2. JESUS HAS MASTERY OVER WHAT MASTERS ME

John 8:34 NIV

Very truly I tell you, everyone who sins is a slave to sin.

Some things aren't merely problems we manage.

Overeating. Scrolling. Buying. Pornography. Alcohol. Drugs. Anger.

They start calling the shots. The pattern tells me what to do. I obey.

Not just regret - something is taking authority over me.

Jesus is not another voice telling us to try harder.

Romans 6:9 NIV

"For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him."

Jesus went into death - death couldn't hold him. He rose again. He masters what masters us.

Romans 6:14 NIV

"For sin shall no longer be your master, because you are not under the law, but under grace."

John 8:36 NIV

"So if the Son sets you free, you will be free indeed."

3. JESUS IS STRONGER THAN THE STRONG MAN

Luke 11 - people accuse Jesus of casting out demons by evil power.

Jesus answers: divided kingdom cannot stand.

Luke 11:21 NIV

When a strong man, fully armed, guards his own house, his possessions are safe.

Luke 11:22 NIV

But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up his plunder.

The strong man thinks he's in control.

BUT SOMEONE STRONGER SHOWS UP.

Who? JESUS!

Jesus is speaking of His authority over demonic evil - the kingdom of God has come.

How do you wrestle a werewolf inside you? Rescue yourself from what's mastering you?

We need supernatural help. We need Jesus.

4. DON'T JUST EMPTY THE HOUSE - FILL IT

Jesus gives another warning immediately afterward.

Luke 11:24-26 NIV

²⁴ "When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.'"

²⁵ When it arrives, it finds the house swept clean and put in order.

²⁶ Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first."

The Supernatural had taken place – spirit comes out of a person. BUT IT IS NOT ENOUGH!

Notice: clean house, no lasting change.

7 times worse!

Moment of clarity. Repent. Surrender. Tell the truth. Feel hopeful.

Then Monday comes. Same access. Same isolation. Same triggers.

DON'T JUST EMPTY THE HOUSE. FILL THE HOUSE.

Not just what you stop - what takes its place?

Have a supernatural moment.
Follow it with natural moments.

Learn discipline. Self control. Better habits.

God's supernatural power and our natural decisions belong together.

Werewolves are trapped.. helpless. Pain.
Jesus says you can be free.

Werewolves are chaotic and out of control.
Scripture tells us to learn self-control.

So what should you do?

MAKE A PLAN BEFORE THE FULL MOON

The full moon is predictable. You know it's coming.

DON'T MAKE YOUR PLAN IN THE MOMENT OF TEMPTATION.

MAKE THE PLAN BEFORE THE MOMENT ARRIVES.

1. NAME YOUR FULL MOON

What's happening BEFORE the behavior?

Loneliness. Stress. Boredom. Payday. An argument. Certain friends. A particular place.

Identify the situation, not just the behavior.

2. CHANGE THE ENVIRONMENT

What can you change before the situation arrives?

Remove an app. Remove easy spending access.

Meet friends somewhere different. Change the lonely hours.

Avoid dangerous access and seek recovery support when appropriate.

DON'T KEEP WALKING INTO THE SAME SITUATION EXPECTING A DIFFERENT RESULT.

3. CHOOSE YOUR RESPONSE

What will I do INSTEAD? Be specific.

-Pornography: bored or tempted? Get out of the room. Walk. Call somebody. Go somewhere public. Don't stay isolated with the screen.

-Substance addiction: leave the situation. Call a sponsor or trusted support person. Go to a meeting or safe place. Professional care may be necessary.

-Overspending: step away from the app. Walk. Pray. Review goals. Call someone.

-Anger: stop. Step away. Cool down. Pray. Return for a healthy conversation.

CHOOSE A NEW RESPONSE BEFORE THE OLD SITUATION ARRIVES.

4. BRING SOMEONE INTO THE FIGHT

Who knows what you're fighting?

Tell a trustworthy person. Ask for prayer and accountability.

For serious addiction: counselor, recovery group, sponsor, medical help.

FREEDOM BEGINS WHEN SECRECY ENDS AND SURRENDER STARTS.

MY FULL MOON PLAN

My full moon is: _____

Before it comes, I will change: _____

When it comes, I will: _____

I will ask _____ to help me.

Don't just empty the house. Fill it with the Spirit, truth, and faithful action.

DON'T WAIT FOR THE NEXT FULL MOON

You know the pattern. You know the regret.

Jesus died and rose to set us free from sin and death.

JESUS HAS MASTERY OVER WHAT MASTERS US.

Musicians

Experience Supernatural Power and make Natural Decisions

1. COME AND PRAY

Surrender to Jesus. Ask for freedom and the Holy Spirit.

2. START A CONVERSATION

Tell someone the truth. Pastor, trusted Christian, counselor. Connection card.

3. CLOSE ONE DOOR TODAY

Delete the app. Move the phone. Set the boundary. Make the plan.

DON'T WAIT FOR THE NEXT FULL MOON.

Come to Jesus. Ask for help. Take the next step into freedom.



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JESUS HAS MASTERY OVER WHAT MASTERS US.



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