This Is the Last Time

A quick reference card for the moment the old pattern comes calling again

"This is the last time." You meant it. You believed it. And somehow, you're right back here again. If that's you — you're not crazy, and you're not alone. The Apostle Paul described this exact tension in Romans 7. Below are five lies the old pattern tells you, and five truths from Scripture that are stronger than the lie.

When the lie says: "I need this to calm down."

Say instead: "God is my refuge and strength, always ready to help in times of trouble."

PSALM 46:1 (NLT)

When the lie says: "I can't handle this without giving in."

Say instead: "I can do everything through Christ, who gives me strength."

PHILIPPIANS 4:13 (NLT)

When the lie says: "This is just who I am."

Say instead: "The old life is gone; a new life has begun."

2 CORINTHIANS 5:17 (NLT)

When the lie says: "One more time won't matter."

Say instead: "Sin is deceitful — it has never once given me what it promised."

HEBREWS 3:13 & JEREMIAH 2:13 (NLT)

When the lie says: "Keep this to yourself."

Say instead: "Confessing this brings healing — not the exposure I'm afraid of."

JAMES 5:16 (NLT)

"The lie has been running the same script for a long time. It's time the truth got a turn."

THE VERSE BEHIND THIS CARD

PROVERBS 5:22 (NLT)

"An evil man is held captive by his own sins; they are ropes that catch and hold him."

That's not condemnation — it's clarity. Scripture names what you're feeling before you even have words for it. And it doesn't stop at naming the problem. It points to a way out.

A PASTORAL NOTE

This guide is a biblical and spiritual resource, not a substitute for professional care. If the pattern you're fighting has crossed into something harming you or the people around you, reaching out to a counselor, doctor, or support group is wisdom, not weakness. Proverbs 11:14.

GO DEEPER

THIS IS THE LAST TIME — THE COMPLETE BUNDLE

This card gives you five lies and five truths. The complete bundle gives you a teaching guide, a 21-day journal, twelve declaration cards, a prayer guide, and a 30-day Scripture reading plan — everything you need to walk this out, one day at a time. Available for $5.99 at discipleblueprint.com.

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