

Breaking Up With Bad Habits

Judges 16:1 One day Samson went to Gaza, where he saw a prostitute and went in to spend the night with her.

Judges 14:1 Samson went down to Timnah and saw there a young Philistine woman..

Disasters are rarely the result of an _____ decision.

James 1:21 So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.

Colossians 3:5-10 Put to death, therefore, the components of your earthly nature: sexual immorality, impurity, lust, evil desires, and greed, which is idolatry. 6 Because of these, the wrath of God is coming on the sons of disobedience. 7 When you lived among them, you also used to walk in these ways. 8 But now you must put aside all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9 Do not lie to one another, since you have taken off the old self with its practices, 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

You can not _____ what you do not _____.

Building Good Habits	Breaking Bad Habits
1. Make it obvious	1. Make it invisible
2. Make it easy	2. Make it difficult
3. Make it known	3. Make it known
4. Make it repetitious	4. _____

Remove the _____.

Proverbs 4:14-15 Do not set foot on the path of the wicked or walk in the way of evildoers. 15 Avoid it; do not travel on it. Turn from it and pass on by.

Don't set yourself up to try and resist a temptation tomorrow that you have the power to _____ today.

5 Common Cues:

1. _____

2. _____

3. _____

4. _____

5. _____

Your life today is a _____ of the habits you had before. The habits you have today will _____ who you become tomorrow.

To experience breakthrough you have to break _____.

(Breaking bad habits #4) You have to _____, not try.

1 Corinthians 9:24-27 (NLT) Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should.

1 Timothy 4:7-8 Train yourself for godliness. For physical exercise is of limited value, but godliness is valuable in every way, holding promise for the present life and for the one to come.

Trying is an attempt to change with _____ commitment.

Training is a _____ commitment to achieve a specific result.

When you're training, you don't act according to your _____, you act according to your commitment.

Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off every encumbrance and the sin that so easily entangles, and let us run with endurance the race set out for us. 2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider Him who endured such hostility from sinners, so that you will not grow weary and lose heart.