

The Power to Change—4

Break the Cycle That's Breaking Your Life

One day Samson went to Gaza, where he saw a prostitute. ...

Judges 16:1 NIV

Real and lasting change isn't behavior modification but spiritual transformation.

You do what you do because of what you think of you.

- **Spiritual Who**
- **Spiritual Why**
- **Spiritual What**
- **Spiritual What Not**

Based on who you want to become, what one habit do you need to break?

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. James 1:21 GNT

You cannot defeat what you do not define.

Why are good habits hard to start?

The pain is now; the payoff comes later.

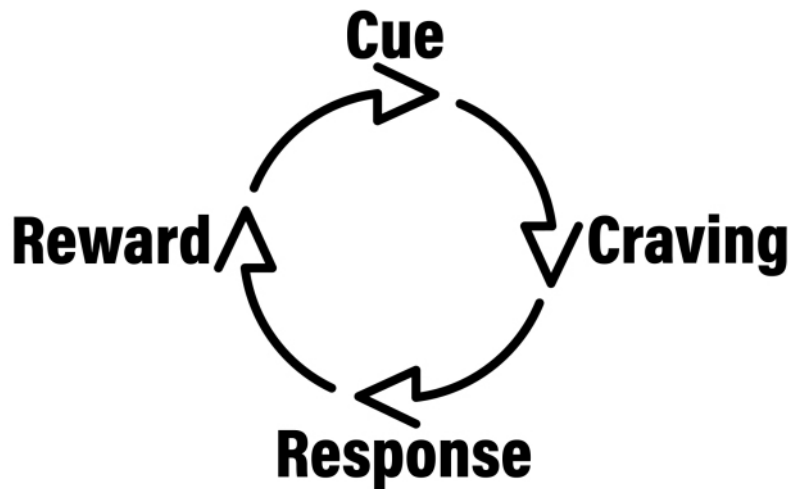
Why are bad habits difficult to break?

The payoff is now; the pain comes later.

How do you break a bad habit?

Remove the cue.

Do not set foot on the path of the wicked or walk in the way of evildoers. ¹⁵Avoid it, do not travel on it; turn from it and go on your way. Proverbs 4:14-15 NIV



If you want to stop what you do, remove the cue.

5 Most Common Cues

- **Places**
- **Times**
- **Moods**
- **Moments**
- **People**

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20 NIV

Interrupt the action.

Why resist a temptation in the future if you have the power to eliminate it today?

The habits you have today will shape who you become tomorrow.

Do you like the direction your habits are taking you?

TALK IT OVER

Read **Proverbs 13:20**. Who is someone wise you can spend more time with? How do you think that might impact you?

Talk about your mindset when it comes to your habits. What needs to shift in your mindset in order to break bad habits?

Share about a habit you want to break. How will your life look different as a result of breaking this habit?

Start The Power to Change Bible Plan using Plans With Friends: www.go2.lc/powertochange