

Habits  
Start & Stop  
August 8, 2021

**Key Thoughts:** We are what we \_\_\_\_\_ do.  
We form \_\_\_\_\_ and then our \_\_\_\_\_ form us.  
Most people have uphill hopes and downhill \_\_\_\_\_.

**Romans 7:15-8:2** For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me...For I do not do the good I want to do, but the evil I do not want to do—**this I keep on doing**...For in my inner being I delight in God's law; but I see **another law** at work in me, waging war against the law **of my mind** and making me a prisoner of the law of sin at work within me. **What a wretched man I am!** Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through **Jesus Christ our Lord!** So then, I myself **in my mind** am a slave to God's law, but in my sinful nature a slave to the law of sin. Therefore, there is now **no condemnation** for those who are in Christ Jesus, because **through Christ Jesus** the law of the Spirit who gives life has **set you free** from the law of sin and death.

How do you stop a habit?

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

**Key Thought:** Make it \_\_\_\_\_ by removing the \_\_\_\_\_ and interrupting the action.

**1 Corinthians 15:33** Do not be misled: "Bad company corrupts good character."

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

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How do you start a habit?

**Hebrews 11:1** Now faith is confidence in what we hope for and assurance about what we do not see.

**Romans 10:17** ...faith comes from hearing the message, and the message is heard through the word about Christ.

**Philippians 4:8-9** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think** about such things...And the **God of peace** will be with you.

1. Make it \_\_\_\_\_.
2. Make it \_\_\_\_\_.

**Key Thought:** What you need is a cue: I will do \_\_\_\_\_ after I \_\_\_\_\_

**Key Thought:** Good habits make time your \_\_\_\_\_. Bad habits make time your \_\_\_\_\_.

**Daniel 6:10** Now when Daniel learned that the decree had been published, he went home to his **upstairs room** where the windows opened toward Jerusalem. **Three times a day** he got down on his knees and prayed, giving thanks to his God, **just as he had done before**.

**Zechariah 4:10** Do not despise these small beginnings, for the Lord rejoices to see the work begin...

**Walk Away:** Never stop making \_\_\_\_\_.

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