

4/30/2023

Legacy: Breaking Cycles

*"Let us examine our ways and test them, and return to the Lord."
Lamentations 3:40 (GN)*

10 Steps to Help Break Cycles of Behavior and Thinking

1. Start now.

"If you wait for perfect conditions, you'll never get anything done!" Ecclesiastes 11:4 (LB)

2. ACCEPT responsibility.

"Some people ruin themselves by their own stupid actions and they blame the Lord." Proverbs 19:3 (GN)

3. Examine my life.

"Let us examine our ways and test them, and return to the Lord." Lamentations 3:40 (NIV)

3 Key Questions

- A. Where am I?
- B. Where do I want to go?
- C. How do I get there?

4. Ask Jesus to TAKE CONTROL of my life.

*"Don't let sin control your body any longer; don't give in to its sinful desires... But give yourself **completely** to God -- every part of you -- to be used for His good purposes." Romans 6:12-13 (LB)*

- **Our Part: Invitation, Cooperation, Imitation**
- **God's Part: Transformation**

"For God is working in you, giving you the desire and the power to do what pleases Him." Philippians 2:13 (NLT)

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words." Romans 8:26 (ESV)

5. Get a plan.

"Plan carefully what you do..." Proverbs 4:26 (GN)

6. Keep away from TEMPTATION.

"Don't give any chances to the flesh to have its fling." Romans 13:14 (Ph)

7. Focus on something better.

"...Fill your mind with things that are good and deserve praise; things that are true, noble, right, pure, lovely, and honorable." Philippians 4:8 (GN)

8. Start a new HABIT.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Romans 12:2a (NLT)

9. Find a team for support.

*"Confess your sins **to each other** and pray for **each other** so **that you may be healed...**" James 5:16 (NIV)*

10. HELP someone else.

*"Christ helps us in all our troubles, **so that** we are able to help others in trouble, using the **same help** that we ourselves have received from God." 2 Corinthians 1:4 (GN)*