



# Breaking the Cycle

## December 31, 2023

- I. Introduction
  - a. My identity is connected to my habits. How I see myself is a result of my habits.
  - b. What I believe is how I behave.
  - c. I change my life by changing my habits. My life is a sum total of my habits.
- II. Key Habits to Develop

Romans 12:2 NLT

<sup>2</sup> 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. Then you will learn to know God's will for you, which is good and pleasing and perfect.

- a. Read the Bible everyday
  - i. Transform: God can change you by changing the way you think.
  - ii. The closer I get to God in my life the easier my life will be.
  - iii. All transformation begins by changing the way I think.
  - iv. Whatever you are thinking you are believing, whatever your believing is how you're behaving, how you are behaving become your habits.
- b. Walk in the Holy Spirit

Galatians 5:16 AMPC

<sup>16</sup> But I say, walk *and* live [habitually] in the [Holy] Spirit [responsive to *and* controlled *and* guided by the Spirit]; then you will certainly not gratify the *cravings and* desires of the flesh (of human nature without God).

- i. Everyday say... Holy Spirit Control my attitudes, my mouth, teach me how to think, convict me of my wrong thoughts.

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Genesis 24:40 AMPC

<sup>40</sup> And he said to me, The Lord, in Whose presence I walk [habitually], will send His <sup>[a]</sup>Angel with you and prosper your way, and you will take a wife for my son from my kindred and from my father's house.

- ii. You can't be healthy without good habits.

### III. Accountability

**You have to have the right inter circle to hold you accountable. Who do you have in your life that you will ask to hold you accountable during your upcoming transformation?**

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- IV. How do we position ourselves new to win in 2022?
  - a. Reevaluate my life- Ask myself questions?
    - i. There is no excellence without reevaluation.

**What am I most grateful for?**

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**What was the hardest thing that I overcame in the past year?**

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**What did the past year teach me?**

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**Who impacted me the most in the past year?**

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## How have I changed in the past year?

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## Where have I grown the most in the past year?

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- b. Resolutions
  - i. I have to seek God for divinely directed goals!
- c. Reframe my perspective
  - i. God meets us on our level of expectation.
  - ii. Learn to see potential and possibilities in every problem
  - iii. Stop being negative and become positive.
    - 1. NEGATIVE PEOPLE NEVER SOLVE PROBLEMS.
    - 2. NEGATIVE PEOPLE ARE NOT CREATIVE.
- d. Re-imagine your life
  - i. Your future is formed in your imagination.
    - 1. God gave us memory for our past but imagination for the future.
  - ii. Make it a habit imagining your future. Then thank Him for bringing it to pass.

## Who do you want to become by the end of this year?

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## What habits that will make you that person?

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- e. Redefine your purpose: The Why

Romans 8:28 KJV

<sup>28</sup> And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

- i. My destiny demands that I become different.
- ii. You have to know the why or you will never make the changes in your life.

Romans 8:29 KJV

<sup>29</sup> For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

- iii. God's purpose for our life is that our character becomes like the character of Christ.
- iv. Verse 28 talks about purpose Verse 29 talks about what that is.
- v. My character is changed by changing my habits.