

Patterns and Habits Part 3 – What to Stop

Pastor Dwight Dalton

I don't know anyone who would say my lifetime goal is.....

Rarely end up at wrong place because of one bad choice.

Title: What to Stop

Judges 16:1

25 miles: 56,250 steps

Most of us don't wreck our lives all at once.

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

James 1:21 NLT

There's a difference between why a good habit is difficult to start and a bad habit is difficult to break.

Good habits: Usually starts more difficult—Payoff usually future.

Bad habits opposite: Immediate perceived benefit, Neg results later.

HOW DO WE BREAK BAD HABITS?

Acknowledge it—Cannot defeat what you cannot define.

Proverbs 4:14-15 NIV

Habit loop—Trigger, Action, Reward.

Remove the Trigger—and—Interrupt the Action.

Watch for the 5 Major Triggers:

- Place
- Time
- Mood
- Moment
- People

Tracked 12,000 people for 32 years

Chance becoming obese—Increased by 57% —If friend who was obese.

One friend loses weight—Other friends lose weight 1/3 of time.

Proverbs 13:20 NIV

Almost impossible live right life wrong friends.

1 Corinthians 15:33 NIV

Why resist temptation tomorrow if I the power to eliminate it today?

The habits you have today will shape who you will become tomorrow.
Do you like the direction your habits are taking you?

Zechariah 4:10 NIV

Evidence starts to build up that that's WHO YOU REALLY ARE.