



THE POWER TO CHANGE

Part 4: Break the Cycle That's Breaking Your Life!

We don't usually end up in a bad place all at once; it happens one bad decision, one wrong step, one harmful habit at a time.

One day when Samson was in Timnah, one of the Philistine women caught his eye. - Judges 14:1 NLT

Based on who you want to become, what's one habit that 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!

It's hard to start a good habit because the pain is now; the payoff comes later.

It's hard to break a bad habit because the payoff is now; the pain comes later.

How do you break a bad habit?

Habit Loop: cue ⇒ craving ⇒ response ⇒ reward

- **Remove the Cue!**
- **5 Common Cues:**
 - **Places**
 - **People**
 - **Times**
 - **Moods (HALT)**
 - **Moments**

Walk with the wise and become wise; associate with fools and get in trouble. - Proverbs 13:20 NLT

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

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

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?

Suggested Reading Plan: [The Power to Change](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery is available for children up to age 4, and KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 Tuesdays 5:30-6:30 PM. See Sharee Haromontelongo for more info.
- **Finish Line Youth** for ages 12-12th grade Fridays 7- 8:30 PM. See Pastor James for more info.
- **Youth Group Bake Sale** March 26. All proceeds will go to our youth group to help offset the cost of Youth Convention and other activities!
- **Family Movie Night** March 24 @ 6:30 PM. See Sharee for more info!
- **Hymn Sing** March 31 @ 7 PM. See Becky Gayne for more info!
- **March Missions Focus:** The DeMartinos, Missionaries to Mexico, are fundraising to buy a building from which they can serve the hungry and homeless. The church council has decided to give \$1000 to this mission, and we will match what is collected during the month of March, up to \$1000! Make checks payable to New Life, and write "DeMartinos" in the memo or on your envelope.

Check out our newly redesigned website @ newlife-saugerties.org!

And, download our new mobile app!


New Life Assembly of God

Available in App Stores

