

HABITS - Part 3

Stopping

Roland Salinas

Part of Habits

January 23, 2022

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Week 1 was called ___ Before Do.

- **Successful people do ___ what other people do ___.**
- **A healthy ___ creates positive habits.**

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

—Romans 6:23

Week 2 we talked about ___ good habits.

- **Much of what you normally do isn't a result of ___ choices, but a result of ___ habits.**
- **Daniel Ch. 6 reminded us of the Habits and daily routine Daniel had. He prayed three times a day.**

- Randy talked about the Habit loop that begins with a ____, has an ____ and then a ____.
- To start a healthy habit, you need to ____ it obvious and ____ it easy.

This is week 3 and are talking about ____ bad babits.

1. You have to ____ that you have a bad habit.
 - Why? Because if you can't ____ your bad habit or addiction you will ____ let it go.
2. Understand your ____



Place, Time, Mood, Moment, People

All of these triggers lead to an _____. You are _____ for your actions.

_____ love loopholes!

Ask yourself these questions:

- What do I want to change?
- Do I really want to change it?

- Are my choices the problem?
- Am I the problem?

In the spring of the year, the time when kings go out to battle, David sent Joab, and his servants with him, and all Israel. And they ravaged the Ammonites and besieged Rabbah. But David remained at Jerusalem.

—2 Samuel 11:1 (ESV)

It happened, late one afternoon, when David arose from his couch and was walking on the roof of the king's house, that he saw from the roof a woman bathing; and the woman was very beautiful. And David sent and inquired about the woman. And one said, "Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?" So David sent messengers and took her, and she came to him, and he lay with her. (Now she had been purifying herself from her uncleanness.) Then she returned to her house. And the woman conceived, and she sent and told David, "I am pregnant."

—2 Samuel 11:2-5

Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

—James 1:13-15

And the LORD sent Nathan to David. He came to him and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds, but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children. It used to eat of his morsel and drink from his cup and lie in his arms, and it was like a daughter to him. Now there came a traveler to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the guest

who had come to him, but he took the poor man's lamb and prepared it for the man who had come to him." Then David's anger was greatly kindled against the man, and he said to Nathan, "As the LORD lives, the man who has done this deserves to die, and he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You are the man! Thus says the LORD, the God of Israel, 'I anointed you king over Israel, and I delivered you out of the hand of Saul.

—2 Samuel 12:1-7

3. We need to ____ and ____

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!

—Psalm 51

____ is Holy and righteous. ____ separates us from God.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

—Galatians 5:22-23

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things

present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

—Romans 8:31-39

[Forever Home](#) - Churchwide Study Begins January 30

[GroupLink](#) - Today after the 11 AM service

Next Week: Forever Home Series