

Break the Cycle That's Breaking Your Life
The Power to Change
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Pastor Lane Olson
New Song Community Church

Text: Judges Chapter 13:2-5 & 16:1

Truth in a nutshell: Nobody plans to mess up their life, but people do. And when they do it, it takes a long time to do it. They do it one bad decision, one wrong step, and one harmful habit at a time. Eventually you will live with the results of the Choices you make and the habits you allow to become part of your life.

A. How does someone with so much potential end up so broken.

1. One bad step, one bad choice at a time.
2. One day, Sampson went to Gaza where he saw a prostitute.
3. One Bad step leads to a series of Bad steps.

from Zorah to Gaza, or the equivalent of 56,250 steps.

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

1. Why do you do what you do? You do what you do because of what you think of you.

James 1:21

2. How do you break that Life controlling Habit.
 - i. Submit to God, to His authority, to His word, to His presence, to His power.
 - ii. We get rid of anything that is not pleasing to God.
 - iii. Let God renew your mind!

Romans 12:2 NLT

3. Identify the habit that you want to break.

C. Understanding your Habit Cycle:

1. Why are Good habits difficult to start?
 - i. The Pain is now, and the payoff is later.
2. Why are Bad habits really difficult to break?
 - i. The Payoff is now and the Pain is later.

3. Remove the Cue.

Proverbs 4:14-15

- i. Don't even get close to that which would be harmful to your relationship with God, to your spiritual power.
 - ii. Break the destructive cycle.
4. Changing your Cues:
 - i. Place.
 - ii. Time.
 - iii. Mood.
 - iv. Moments.
 - v. People

Proverbs 13:20

5. Interrupt the action. Put that which tempts us as far away from us as humanly possible.
6. Power of a made-up mind.

Next Steps: Today:

1. I am Committing my life to Jesus.
2. I am Identifying the habit I wish to break.
3. With God's help I will remove negative cues from my life.
4. I am asking to be water baptized.