

**Break the Cycle That's Breaking Your Life**  
**The Power to Change**  
**August 6<sup>th</sup>, 2023**  
**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.