

# Playing to Win

---

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

## **James 1:21**

*So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.*

Good Habits: Starting is HARD — Payoff comes in the FUTURE.

Bad Habits: IMMEDIATE benefit (you think), NEGATIVE results later.

## **Note**

HOW DO WE BREAK BAD HABITS?

1. Call it out! — You can't DEFEAT what you can't DEFINE.
2. Make it DIFFICULT to do.

## **Proverbs 4:14-15**

*Don't do as the wicked do, and don't follow the path of evildoers. Don't even think about it; don't go that way. Turn away and keep moving.*

## **Note**

5 Major Triggers:

- **Place**
- **Time**
- **Mood**
- **Moment**
- **People**

## **Proverbs 13:20**

*Walk with the wise and become wise; associate with fools and get in*

*trouble.*

**1 Corinthians 15:33**

*Don't be fooled by those who say such things, for "bad company corrupts good character."*

Why resist TEMPTATION tomorrow if I have the power to ELIMINATE it today?

**Note**

Never underestimate how God can start SOMETHING SPECIAL in your life...

**Zechariah 4:10**

*Do not despise these small beginnings, for the Lord rejoices to see the work begin.*

**Note**

**Talk About It**

1. Share a time when someone influenced you to do something great or not so great.
2. Read Proverbs 4:14-15 - How do you see this applying to your life? (today)
3. Is there a HABIT in your life that you know God wants to remove from your life - so you can become what HE wants you to be?
4. Read Proverbs 13:20 - Who are the wise people you would like to ask for help and encouragement? When will you do it?