

THE POWER TO CHANGE--PART IV
TITLE: BREAKING THE BAD HABIT CYCLE
SERMON THEME: DEFINING THE HABIT

IT IS VERY SELDOM THAT WE END UP IN A BAD PLACE ALL AT ONCE.

COLOSSIANS 2:8

- PEOPLE MESS UP THEIR LIVES BY ONE BAD DECISION, ONE WRONG STEP, ONE HARMFUL HABIT AT A TIME.

JOHN 16:13

I) ONE DAY AT A TIME.

JUDGES 16:1

- DISASTERS ARE RARELY THE RESULT OF AN ISOLATED DECISION.

ROMANS 6:12

- REAL AND LASTING CHANGE IS NOT BEHAVIOR MODIFICATION BUT SPIRITUAL TRANSFORMATION.

II) WHAT ONE HABIT DO YOU NEED TO BREAK?

JAMES 1:21

- YOU CANNOT DEFEAT WHAT YOU DO NOT DEFINE.

PSALM 9:10

- MOST PEOPLE RUIN THEIR LIVES ONE BAD HABIT AT A TIME.

III) HOW CAN YOU BREAK A BAD HABIT?

- GOOD HABITS MAKE IT EASY, BAD HABITS MAKE IT DIFFICULT, REMOVE THE CUE.

PROVERBS 4:14-15

FIVE MOST COMMON CUES:

- **PLACES**
- **TIMES**
- **MOODS**
- **MOMENTS**
- **PEOPLE**

PROVERBS 13:20

- **INTERRUPT THE ACTION.**

JAMES 4:17

THE HABITS YOU HAVE TODAY WILL SHAPE WHO YOU WILL BECOME TOMORROW.

EPHESAIANS 4:22-24