

# HABITS



## BREAKING HABITS

- We are all hardwired for habits.
- Every habit has a **cue**, a **routine**, and a **reward**.
- Habits often develop into cravings and cravings, when unchecked, become addictions.

*“Each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” James 1:14-15*

- Habits are very hard to break but any habit can be replaced.

### Romans 12:1-8

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

*For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.*



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*Bayside*



## What does it take to break bad habits?

**1 H** \_\_\_\_\_: **Do I believe that God can really help me to change?**

*Therefore, I urge you, brothers and sisters in view of God's mercy... v1*

*"Grace is the voice that calls us to change and then gives us the power to pull it off." - Max Lucado*

**2 A** \_\_\_\_\_: **Am I honest about my negative habits?**

*...Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. v3*

*"When a habit emerges, the brain stops fully participating in decision making. It stops working so hard, or diverts focus to other tasks. So unless you deliberately fight a habit—unless you find new routines—the pattern will unfold automatically." - Charles Duhigg*



*Step One: We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable. I know that nothing good lives in me, that is, in my sinful nature.*

**3 B** \_\_\_\_\_: **How strong is my self control muscle?**

*Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. v2*

*"Willpower isn't just a skill. It's a muscle, like the muscles in your arms or legs, and it gets tired as it works harder, so there's less power left over for other things." - Charles Duhigg*

**4 I** \_\_\_\_\_: **Am I accepted and accountable in God honoring relationships?**

*In Christ we, though many, form one body, and each member belongs to all the others. v5*



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**5 T** \_\_\_\_\_: **What will replace my bad habit?**

*We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. vv 6-8*

### How to Reverse Any Habit

1. Identify the \_\_\_\_\_
2. Identify the \_\_\_\_\_
3. INSERT a \_\_\_\_\_