

HABITS—3

STOPPING

All Scriptures are NIV unless otherwise noted.

One day Samson went to Gaza, where he saw a prostitute. ... Judges 16:1

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

HOW DO YOU BREAK A BAD HABIT?

- **MAKE IT DIFFICULT TO DO.**

*Do not set foot on the path of the wicked or walk in the way of evildoers.
¹⁵ Avoid it, do not travel on it; turn from it and go on your way. Proverbs
4:14-15*

Watch for the Five Major Triggers:

- : Place
- : Time
- : Mood
- : Moment
- : People

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20

*Do not be misled: “Bad company corrupts good character.”
1 Corinthians 15:33*

Do not despise these small beginnings, for the LORD rejoices to see the work begin. ... Zechariah 4:10 NLT

Talk It Over

What new habit is God leading you to focus on? What’s working well? What’s been difficult?

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

Read Proverbs 13:20. Who are the wise people you want to ask for help? When will you do it?