



## I Decided to Stop

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### Introduction:

- The decisions I make today will determine the stories I will tell tomorrow
- Direction, not intention, determines destination

*We must focus on Jesus, the source and goal of our faith.*

**Hebrews 12:2** GW (Series verse)

## What does God want me to stop?

### 1. Reasons to stop

- You can't do \_\_\_\_\_
- Saying \_\_\_\_\_ means you can say \_\_\_\_\_
- Some things are \_\_\_\_\_

Moses' father-in-law replied, "What you are doing isn't good. You will just get worn out. And so will these people who come to you. There's too much work for you. You can't possibly handle it by yourself. Listen to me. I'll give you some advice, and may God be with you..."

**Exodus 18:17-19** NIRV

*That will make your load lighter. They will share it with you. If this is what God wants and if you do it, then you will be able to carry the load. And all these people will go home satisfied." Moses listened to his father-in-law. He did everything Jethro said.*

**Exodus 18:22-24** NIRV

*So, my brothers and sisters, we must not be ruled by our sinful selves. We must not live the way our sinful selves want. If you use your lives to do what your sinful selves want, you will die spiritually. But if you use the Spirit's help to stop doing the wrong things you do with your body, you will have true life.*

**Romans 8:12-13** ERV

### 2. Biblical examples of stopping:

- \_\_\_\_\_ (1 Corinthians 14:20)
- \_\_\_\_\_ (Isaiah 1:16-17)
- \_\_\_\_\_ (Psalm 37:8)
- \_\_\_\_\_ (Isaiah 2:22)

## Today, I decided to stop...

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### Next Steps:

- Today, I decided to stop \_\_\_\_\_
- I need God's help to know what I should stop in my life. Pray for me.
- I commit to follow God as I write "My Story"
- Memorize theme verse: Hebrews 12:2
- \_\_\_\_\_