

## Breaking Habits

Sunday, January 28, 2024  
Dave Michel

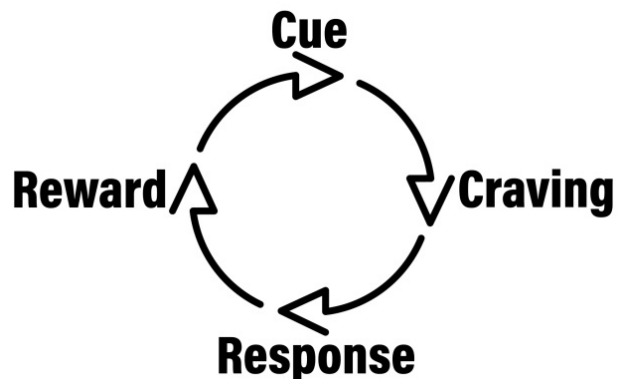
Stepping Stones Community Church

<sup>1</sup> One day Samson went to Gaza, where he saw a prostitute... **Judges 16:1 NIV**

<sup>5</sup> Samson went down to Timnah together with his father and mother. As they approached the vineyards of Timnah, suddenly a young lion came roaring toward him. <sup>6</sup> The Spirit of the LORD came powerfully upon him so that he tore the lion apart with his bare hands as he might have torn a young goat... <sup>8</sup> Some time later, when he went back to marry her, he turned aside to look at the lion's carcass, and in it he saw a swarm of bees and some honey. <sup>9</sup> He scooped out the honey with his hands and ate as he went along. **Judges 14:5-6, 8-9 NIV**

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

### Habit Pattern



### 1. Four common cues for bad habits

- Places
- Time of day
- Mood (HALT)
- People

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

### 2. Stopping the cues that lead us to bad habits

- Watch for cues
- Interrupt the action

### Next Steps:

- Confess my habit of \_\_\_\_\_ and work to interrupt the temptation that comes by \_\_\_\_\_ (cue) by doing \_\_\_\_\_
- I am most vulnerable to temptation and bad habits when \_\_\_\_\_
- Pray and ask God to help me see what I need to change to follow him more completely
- Attend the last two messages of this series (or watch on our Youtube channel)
- \_\_\_\_\_

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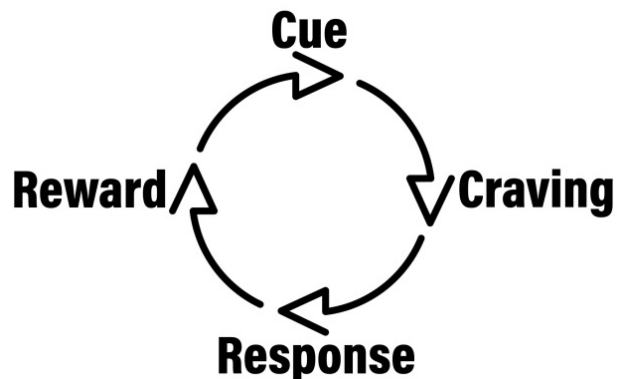
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