



POWER TO CHANGE – 4 of 6
Break The Cycle That Is Breaking Your Life
January 28, 2024

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

QUESTION #1: WHAT DO WE KNOW ABOUT REAL CHANGE?
REAL CHANGE ISN'T BEHAVIOR MODIFICATION, IT'S SPIRITUAL TRANSFORMATION.

QUESTION #2: WHY DO WE DO WHAT WE DO?
YOU DO WHAT YOU DO BECAUSE OF WHAT YOU THINK OF YOU.

QUESTION #3: WHAT'S ONE HABIT YOU NEED TO START BASED ON WHO YOU WANT TO BECOME?
MAKE IT OBVIOUS. MAKE IT EASY.

²¹So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.
~James 1:21 GNT

QUESTION #4: BASED ON WHO YOU WANT TO BECOME, WHAT ONE HABIT DO YOU NEED TO BREAK?

1. **DEFINE IT.**
2. **REMOVE THE CUE.**
3. **INTERRUPT THE ACTION.**

¹Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,
~Psalm 1:1 NIV

5 MOST COMMON CUES

1. **PLACES**
2. **TIMES**
3. **MOODS**
4. **MOMENTS**
5. **PEOPLE**

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