

## HABITS—3 STOPPING

*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?**
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### 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. <sup>15</sup> 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*