

HOW TO BREAK THE CYCLE THAT'S BREAKING YOU

February 15 & 16, 2025

Judges 13:24-25a (NIV)

The woman gave birth to a boy and named him Samson. He grew and the Lord blessed him, and the Spirit of the Lord began to stir him while he lived...

People with So Much Potential End Up So Broken When They:

- _____ with one harmful habit at a time.

Judges 14:1-2 (NLT)

One day when Samson was in Timnah, one of the Philistine women caught his eye. When he returned home, he told his father and mother, "A young Philistine woman in Timnah caught my eye. I want to marry her. Get her for me."

- _____ listening to the wise people in my life.

Judges 14:3a (NLT)

His father and mother objected.

- _____ their desires more than God's commands.

Judges 14:3b (NLT)

"Isn't there even one woman in our tribe or among all the Israelites you could marry?" they asked.

- _____ the wrong way "one day."

Judges 16:1 (NLT)

One day Samson went to the Philistine town of Gaza and spent the night with a prostitute.

**From Zorah to Gaza is 25 miles
= 56,250 steps in the wrong direction.**

James 1:21 (GNT)

So 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.

“You cannot defeat what you do not define.”

Based on who you want to become, what is one habit you need to break? _____

HOW DO I BREAK THE CYCLE THAT'S BREAKING ME?

1

_____ the pain now for the payoff later.

Judges 16:28-31 (NLT)

Then Samson prayed to the Lord, “Sovereign Lord, remember me again. O God, please strengthen me just one more time. With one blow let me pay back the Philistines for the loss of my two eyes.” Then Samson put his hands on the two center pillars that held up the temple. Pushing against them with both hands, he prayed, “Let me die with the Philistines.” And the temple crashed down on the Philistine rulers and all the people. So he killed more people when he died than he had during his entire lifetime. Later his brothers and other relatives went down to get his body. They took him back home and buried him between Zorah and Eshtaol, where his father, Manoah, was buried. Samson had judged Israel for twenty years.

Helpful ideas:

- _____ screen time on our mobile devices.
- _____ most sugar from my daily diet.
- _____ a small exercise for 10 minutes every hour (walk, stairs, pushups, etc.)
- _____ one verse from the Bible every day.
- _____ one church service a week and be there.

2

_____ the cue now to stop what I will do later.

Romans 12:2, 12 (TPT)

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes. Let this hope burst forth within you, releasing a continual joy. Don’t give up in a time of trouble, but commune with God at all times.

Habit Cycle:

Cue ⇨ Craving ⇨ Response ⇨ Reward

The Top 5 Most Common Cues:

- **Certain** _____ – Buffets, parties, bars, feel-good churches
- **Vulnerable** _____ – Late nights, boredom, lonely places
- **Volatile** _____ – Hungry, angry, lonely, exhausted
- **Weak** _____ – Unexpected business trip, wrong place/wrong time
- **Influential** _____ – Overeaters, drinkers, smokers, fools

Helpful Ways to Change Your Cues:

- If certain places are a cue for you – don't go there.
- If certain music or shows trigger you – listen to or watch something else.
- If certain people influence you – don't spend time with them.

Proverbs 13:20 (TPT)

If you want to grow in wisdom, spend time with the wise. Walk with the wicked and you'll eventually become just like them.

3 _____ my failures and remember God does His best work through the weak.

Proverbs 28:13 (GNT)

You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.

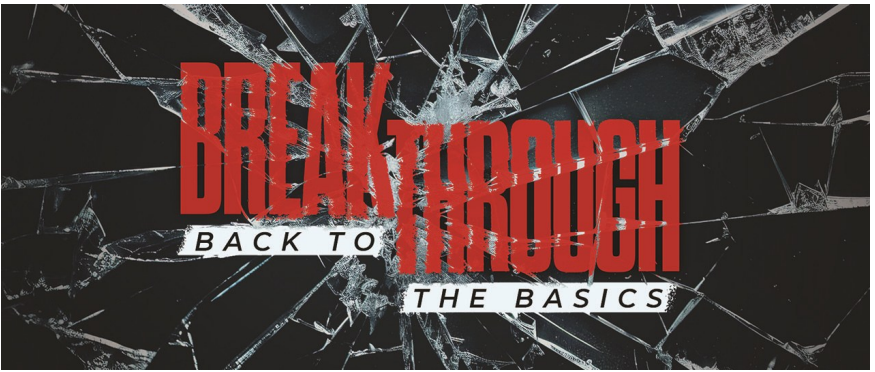
5 Keys to Restorative Confession:

- _____ **My Sin** – Just say it is so. Admit it.
- _____ – Change my mind which leads to changing my habits.
- _____ – Sometimes I just need to say it to others.
- _____ – Many times a relationship must be restored.
- _____ – Confession involves a sincere request for being forgiven.

2 Corinthians 12:8-10 (TPT)

Three times I pleaded with the Lord to relieve me of this. But he answered me, "My grace is always more than enough for you, and my power finds its full expression through your weakness." So I will celebrate my weaknesses, for when I'm weak I sense more deeply the mighty power of Christ living in me. So I'm not defeated by my weakness, but delighted! For when I feel my weakness and endure mistreatment—when I'm surrounded with troubles on every side and face persecution because of my love for Christ—I am made yet stronger. For my weakness becomes a portal to God's power.

There is no habit _____ for God's healing power to help you break.



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- **Follow their desires more than God's commands.**

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- **Remove most sugar from my daily diet.**
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- **Verbalize** – Sometimes I just need to say it to others.
- **Restore** – Many times a relationship must be restored.
- **Seek Forgiveness** – Confession involves a sincere request for being forgiven.

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