

HABITS

Let's Choose Wisely

January 25, 2026

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Series: "Habits: Let's Choose Wisely" - Part 3

Message: "Stopping"

Text: James 1:21; Romans 12:2; 2 Corinthians 10:3-5

Big idea: Based on who I want to become in Jesus, what one habit will I break?

Why it is so hard to break bad habits

1. I have had them for a _____.
2. I _____ with them.
3. They have a _____.
4. Satan _____ me.

God's process for breaking a habit

1. Focus on changing _____ at a time.
Proverbs 17:24
2. Focus on victory _____ at a time.
Matthew 6:11
3. Focus on God's _____, not my _____.
Jeremiah 13:23; Philippians 4:13
4. Focus on what I _____ to do, not on what I _____ to do.
Philippians 4:8-9
5. Focus on _____ good, not _____ good.
Galatians 5:16
6. Focus on people who _____ me, not _____ me, in breaking my bad habits.
1 Corinthians 15:33; Ecclesiastes 4:9-10
7. Focus on _____, not _____.
Philippians 1:6



Digital Bulletin



Sermon Resources

MY NEXT STEP TODAY IS TO:

- ☐ What stands out to you from this message?
- ☐ Identify who you want to become in Jesus.
- ☐ What habit do you need to break to become more like Jesus?
- ☐ Join Celebrate Recovery or an Engage Group.
- ☐ Trust and follow Jesus today.