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*Galatians 6:9; Judges 16:1; James 1:21; Zechariah 4:10*

Why Resist temptation tomorrow if I have power to Eliminate it today?

1. Based on who you want to Become, what One habit do you need to Stop? James 1:21

* We need to Acknowledge it and Define it
* You cannot Defeat what you cannot Define

2. There is a Difference between why a Good habit is difficult to Start and a Bad habit is difficult to Break

* A Good habit is Challenging at first and then the Payoff is sometime in the Future
* There is a perceived Immediate benefit but the Negative payoff isn’t until the Future
* If the Bad habit looks Appealing in the short run, we need to make it Difficult to do

3. How do we Break the habit?

* We need to Remove the Trigger and Interrupt the Action
* There are 5 major triggers: Place, Time, Mood, Moment, People
* King David made a horrible Mistake: He was in the Wrong Place at the Wrong Time
* It led him to See something he should not have seen which led him to Do something he should not have done which ended up Costing him more than he ever wanted to Pay; 2 Samuel 11

4. The habits you have Today will shape who you become Tomorrow

* Never underestimate how God can start something Special through something Small; Zechariah 4:10
* The good habits you start and the bad habits you stop are Redefining your Identity

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