

BREAKING BAD HABITS

JANUARY 23, 2022

WORSHIP

Open the Eyes of My Heart, Grace that Won't Let Go (Grace Unending), Yet Not I but Christ in Me

WELCOME

Name one bad habit you have and share if you remember how you developed that habit.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants A God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends

WORD

READ IT!

1 TIMOTHY 4:7-8

⁷ But stay away from worthless stories that are typical of old women. Rather, discipline yourself for the purpose of godliness; ⁸ for bodily training is just slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and also for the life to come.

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about the people?
- What did you learn about disciplining yourself for godliness?

POINT IT OUT!

1. **A** – (Judges 13, Judges 14:1-3, Judges 16:1;4)
ASSESS
2. **W** – (Judges 16:23-24)
WANT TO CHANGE
3. **A** –
ADD A NEW HABIT
4. **R** –
REMOVE THE TRIGGER
5. **E** – (Proverbs. 13:20, Prov. 7:22; James 5:15, 1 Thessalonians 5:11, Colossians 3:16)
ENGAGE OTHERS

WORKS

APPLY IT!

Based on this lesson on FIT FOR LIFE: BREAKING BAD HABITS, write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

Simple

Measurable

Appropriate

Realistic

Time-bound

"I will _____

SHARE IT!

Who will you share these truths to this week?

PRAY CARE SHARE IN ACTION

Pray for people who find it hard to obey the Lord because they are entangled with the affairs of the world. Pray that the Lord will open their eyes to bad habits that are hindering them from coming to Him. Invite them to have an accountability group with you that they may find a community where they can be encouraged to develop good habits and get rid of bad ones. Share Christ with them so that they may know the WHO and the WHY of breaking bad habits.

MEMORY VERSE

1 TIMOTHY 7b-8

discipline yourself for the purpose of godliness; ⁸ for bodily training is just slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and also for the life to come.