

Next Steps “Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

Power To Change – Week 4

January 28, 2024

Do you like the direction your habits are taking you?

What are some of the habits you would like to change?

King David's failure took place one bad decision and one wrong step at a time. Read **2 Samuel 11**.

- Identify the bad decisions and wrong steps that led to King David's sins.
- What could King David have done differently at each wrong step he took?

Read **James 1:21**.

Steps to stop a bad habit:

1. **Define it.** Write down the bad habit you want to change so you can clearly see it. Confess it to God and be reminded that God's power is greater than the habit.
2. **Turn from it.** Read **Proverbs 4:14-15**. Do all you can to turn and run from bad habits.
3. **H.A.L.T.** Know when you are *hungry, angry, lonely* and *tired* as these are the situations where we are vulnerable and often make poor decisions and fall back on bad habits.
4. **Interrupt the Action.** Make bad habits difficult and uncomfortable to continue.

Read **Proverbs 13:20**. Who is someone wise you can spend time with to help stop bad habits and start good ones?

Father, we know You give us the power to break the bad habits that hold us back. Please show us a bad habit You want us to break and give us the strength to make the needed changes in our lives. We ask for the power to change in the name of Jesus. Amen.