

# The Power to Change

## Break the Cycle That's Breaking Your Life

### TALK IT OVER

#### Key Scriptures

*One day Samson went to Gaza, where he saw a prostitute. ...* Judges 16:1 NIV

*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.* James 1:21 GNT

*Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way.* Proverbs 4:14-15 NIV

*Walk with the wise and become wise, for a companion of fools suffers harm.* Proverbs 13:20 NIV

**Start talking.** Find a conversation starter for your group.

- Do you like the direction your habits are taking you?

**Start thinking.** Ask a question to get your family and friends thinking.

- Which part of this message was most impactful for you and why?
- Read **Proverbs 13:20**. Who is someone wise you can spend more time with? How do you think that might impact you?
- Think about some of your different habits. What are some of the cues in your life that trigger these habits?

**Start sharing.** Choose a question to create openness.

- Talk about your mindset when it comes to your habits. What needs to shift in your mindset in order to break bad habits?
- Share about a habit you want to break. How will your life look different as a result of breaking this habit?

**Start praying.** Be bold and pray with power.

*Father, thank You for guiding the steps we take. We know You give us the power to break the bad habits that hold us back. Please show each of us a bad habit You want us to break and give us the strength to make changes in our lives. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Consider one habit you want to stop. Find one way to break the cycle the next time you're tempted with that habit, and talk about your experience with your LifeGroup.
- Find more resources for *The Power to Change*: [www.go2.lc/TPTCresources](http://www.go2.lc/TPTCresources)
- Start *The Power to Change* Bible Plan using Plans With Friends: [www.go2.lc/powertochange](http://www.go2.lc/powertochange)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.