



World Conquerors Church
Where You Discover Who You Were Born To Be!
www.worldconquerorschurch.org
2020: THE YEAR OF 2020 VISION

BEGIN AGAIN: Breaking Bad Habits!

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Sermon Notes from July 26, 2020

What causes bad habits?

- **Most of your bad habits are caused by three things...PAIN, STRESS, and BOREDOM.**
- **Bad habits are simply a way of dealing with pain, stress and boredom. Everything from biting your nails to overspending on a shopping spree to drinking every weekend to wasting time on the Internet can be a simple response to pain, stress and boredom. But it doesn't have to be that way. You can teach yourself new and healthy ways to deal with pain, stress and boredom, which you can then substitute in place of your bad habits. Of course, sometimes the pain, stress or boredom that is on the surface is actually caused by deeper issues. These issues can be tough to think about, but if you're serious about making changes then you have to be honest with yourself. Are there certain beliefs or reasons that are behind the bad habits? Is there something deeper — a fear, an event, or a limiting belief — that is causing you to hold onto something that is bad for you? Recognizing the causes of your bad habits is crucial to overcoming them.**

You don't eliminate a bad habit, you replace it.

- **All of the habits that you have right now — good or bad — are in your life for a reason. In some way, these behaviors provide a benefit to you, even if they are bad for you in other ways.**
- **Sometimes the benefit is biological like it is with smoking or drugs. Sometimes it's emotional like it is when you stay in a relationship that is bad for you. And in many cases, your bad habit is a simple way to cope with**

stress. For example, biting your nails, pulling your hair, tapping your foot, or clenching your jaw.

- **These “benefits” or reasons extend to smaller bad habits as well.**
- **Opening your email inbox as soon as you turn on your computer might make you feel connected. At the same time looking at all of those emails destroys your productivity, divides your attention, and overwhelms you with stress. But, it prevents you from feeling like you're “missing out” ... and so you do it again. Because bad habits provide some type of benefit in your life, it's very difficult to simply eliminate them. (This is why simplistic advice like “just stop doing it” rarely works.) Instead, you need to replace a bad habit with a new habit that provides a similar benefit. For example, if you smoke when you get stressed, then it's a bad plan to “just stop smoking” when that happens. Instead, you should come up with a different way to deal with stress and insert that new behavior instead of having a cigarette.**
- **In other words, bad habits address certain needs in your life. And for that reason, it's better to replace your bad habits with a healthier behavior that addresses that same need. If you expect yourself to simply cut out bad habits without replacing them, then you'll have certain needs that will be unmet and it's going to be hard to stick to a routine of “just don't do it” for very long.**

How to break a bad habit

- **Choose a substitute for your bad habit. You need to have a plan ahead of time for how you will respond when you face the stress or boredom that prompts your bad habit. What are you going to do when you get the urge to smoke? (Example: breathing exercises instead.) What are you going to do when Facebook is calling to you to procrastinate? (Example: write one sentence for work.) Whatever it is and whatever you're dealing with, you need to have a plan for what you will do instead of your bad habit.**
- **Seek for a vision for your improved life! Vision gives you the ability to add or omit actions that will lead toward your goal.**

Jeremiah 29:11 Amplified Bible (AMP)

For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope.

- **The inability of having a vision for your future will leave you captive to the demands of the flesh voiding out faith and reacting to fear, grasping onto bad habits trying to get a fix on short-term satisfaction at the expense of long-term security.**

How to break bad habits

Ephesians 4:22-24 Contemporary English Version (CEV)

22 You were told that your foolish desires will destroy you and that you must give up your old way of life with all its bad habits. 23 **Let the Spirit change your way of thinking 24 and make you into a new person. You were created to be like God**, and so you must please him and be truly holy.