



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 August 2, 2020

How to break a bad habit

- **Identify your triggers.** We all have emotional triggers. It can be challenging to identify what exactly those triggers are, but the process of getting to know and understand them can help us heal and learn how to cope better in response.
- **Why do we all have triggers?** In short, because we all live in the world system. As we live life with hurt people around us, we inevitably experienced pain or suffering that we could not acknowledge and/or deal with sufficiently at the time. So as adults, we typically become triggered by experiences that are reminiscent of these old painful feelings. As a result, we typically turn to a habitual or addictive way of trying to manage the painful feelings.
- **Identify your triggers.** A person's triggers are activated through one or more of the five senses: sight, sound, touch, smell and taste. Triggers are where all habits start; generally speaking there are two main triggers.
- **External triggers** – These are anything that happens in the environment. This can come from emotional events and life circumstances, or what someone says or does to you.
- **Internal triggers** – These are what we tell ourselves about the external triggers. It's our internal dialogue and thinking process making interpretations about the external trigger.
- **If we control our triggers we can eliminate unnecessary bad habits;** a habit is a behavior that has been paired to a trigger using reinforcement.
- **There are proactive actions we can take to combat negative triggers causing bad habits.** We can build new emotional foundations that will hold us up when our old foundations of pain fail us.

How to break a bad habit: Savoring Pleasures

- **A major source for positive emotions is to spend time doing things we enjoy and engaging in pleasurable activities. Make a list of activities that are fulfilling, inspiring, relaxing, or meaningful. Schedule pleasurable activities into your routine, and work to be more conscious of the small things that give you great pleasure.**

Ecclesiastes 2:24 Amplified Bible (AMP)

There is nothing better for a man than to eat and drink and assure himself that there is good in his labor. Even this, I have seen, is from the hand of God. 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.

How to break a bad habit: Engaging Conversation

- **Never take for granted the power of communication. It can be extremely helpful to have a trusted person to talk through feelings and emotions. Negative triggers thus bad habits can be thwarted just by talking to someone about how you feel.**

James 5:16 Amplified Bible (AMP)

Therefore, confess your sins to one another [your false steps, your offenses], and pray for one another, that you may be healed and restored. The heartfelt and persistent prayer of a righteous man (believer) can accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power].

How to break a bad habit: Write a gratitude list

- **Do you focus on what you have or what you lack? A great happiness pathway is to cultivate gratitude. Spend time focusing on what you appreciate and are thankful for. Make a list of things you're grateful for or write a letter showing your appreciation to someone who you have never fully thanked.**

How to break a bad habit: Optimistic Outlook

- **How we view our future and what we expect to happen has a major impact on motivation and our willingness to obtain what we want from life. Begin to notice your internal triggers when a setback occurs or things don't go as you planned. To develop a more optimistic outlook stop taking mistakes so personally. Realize it's just a few things that can be worked through and improved, and don't assume everything is ruined because a few things didn't go well.**

How to break a bad habit: Bold Benevolence

- **A great way to enhance positivity is to practice giving. Do something to help others without any expectations in return. Offer to help your neighbor with their yard work, unexpectedly help around your house with chores, show affection by buying a gift for someone, or offer to help carry someone's groceries to their car. Give the way God says to give; it opens up a supernatural pathway to your life causing you to need your faith and challenging triggers. Just make sure to push yourself beyond what you would typically do.**

How to break a bad habit: Kingdom Courage

- **When we can overcome fear and anxiety our possibilities for life expand. Remember 2 Timothy 1:7: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." Facing your fears and overcoming your worries offers a feeling of pride that we have accomplished something. Think of times in the past when you overcame a challenge or when you conquered your anxieties about stepping outside of your comfort zone. Engage in personal growth and expand what you are willing to try.**

Psalms 31:24 New King James Version (NKJV)

Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.

How to break a bad habit: Find Purpose & Meaning

- **In difficult times, one of the best ways to overcome negativity is to find meaning and purpose within our struggles. This may be from The Word of God, from people we love and care about, or from striving to offer our experience to better others.**

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.

- **Focus on what you can learn and the value you gain from every situation. A great way to work through grief and suffering is to find the meaning and purpose this offers for our life; and know God wants to walk with us if we let Him.**

How to break a bad habit: Passions and Interest

- **Explore your interests and purposely engage in those areas that offer curiosity and inspiration. We all have things that energize us and fill us full of enthusiasm. These may be your strengths or times when you are at your best. Find ways to incorporate your passions and strengths into your daily life for a boost of positivity. Much of our happiness comes from incorporating activities and experiences into our life that gives us a positive boost. Developing self-awareness and becoming attuned to what brings us happiness is a major key to trigger positivity. Uncover your strengths, determine what gives you meaning, and begin to express greater compassion and love for others.**