



**Key Scripture:**

Psalm 1:1 NIV

Blessed is the one who obeys the law of the Lord.  
He doesn't follow the advice of evil people.

**He doesn't make a habit of doing what sinners do.**

He doesn't join those who make fun of the Lord and His law.

**Developing Nazarite Habits** (Numbers 6:3-6)

- ✓ **Don't eat a grape or drink wine.**
- ✓ **Don't touch a dead body.**
- ✓ **Don't cut your hair.**

**Samsons' Habitual Actions**

✓ **The Grapes/Wine**

Judges 14:5-6 NIV

Samson went down to Timnah together with his father and mother. As they **approached the vineyards** of Timnah, suddenly a young lion came roaring toward him.

✓ **The Dead Body**

Judges 14:8-9 Message

8 Some days later when he came back to get her, he made a little detour to look at what was left of the lion. And there a wonder: a swarm of bees in the **lion's carcass** — and honey! 9 He scooped it up in his hands and kept going, eating as he went.

He rejoined his father and mother and gave some to them and they ate.

But **he didn't tell them that he had scooped out the honey from the lion's carcass.**

✓ **The Haircut**

Judges 16:17 NLT

17 **Finally, Samson shared his secret with her.** "My hair has never been cut," he confessed, "for I was dedicated to God as a Nazirite from birth. If my head were shaved, my strength would leave me, and I would become as weak as anyone else."

**The Habit Loop**

- ✓ **Trigger:** A feeling, a desire or urge.
- ✓ **Temptation:** A sense something is missing, desired change of current state
- ✓ **Response:** Action taken to deliver the reward.
- ✓ **Reward:** End goal of every habit. Satisfy & teach us what to repeat.

**Remove the trigger...defuse the bad habit.**

# Habits

## Breaking Bad

### Breaking Bad Habits

**1. Make it - Invisible.**

Judges 16:21 NLT

So the Philistines captured him and **gouged out his eyes.** They took him to Gaza, where he was bound with bronze chains and forced to grind grain in the prison.

**Bad Habit:** \_\_\_\_\_

✓ **Action to make it invisible:** \_\_\_\_\_

**2. Make It – Unattractive.**

James 1:21 TEV

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.

**Bad Habit:** \_\_\_\_\_

✓ **Action to make it unattractive:** \_\_\_\_\_

**3. Make It - Difficult.**

Proverbs 4:14-15 NLT

14 **Don't do as the wicked do,** and **don't follow the path** of evildoers.

15 **Don't even think about it; don't go that way. Turn away and keep moving.**

**Bad Habit:** \_\_\_\_\_

✓ **Action to make it difficult:** \_\_\_\_\_

**4. Make It - Unsatisfying.**

1 Peter 1:14-15

**Don't lazily slip back into those old grooves** of evil, doing just what you feel like doing.

You didn't know any better then; you do now.

**Bad Habit:** \_\_\_\_\_

✓ **Action to make it unsatisfying:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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