



Part
5

Strategies for Change

This past weekend Pastor Ken continued the series called *Breaking Free – Unleashing the best Version of Yourself*. We are looking at why it can be so hard to break free from the habits that have a way of holding us back and strategies to help you do so. During this series we would like to invite you to go through these points with someone at work, your family, or find a place to do it alone or with a friend. Let's grow and do life together.

So, if the Son (Jesus) sets you free, you will be free indeed.

John 8:36

1. This week Pastor Ken gave us some strategies to put ourselves in a position to succeed in breaking free from a habit or in starting a new habit. Are you ready to unleash the best version of yourself by breaking free from anything unhealthy?
2. The first strategy is to use the power of focus. Focus on one habit at a time and then focus on one day at a time (read Matthew 6:34). If you focus on more than one habit or one day at a time it can be overwhelming. What is one habit you need to break?
3. Learn to use the power of vision to see what kind of person you want to become (read Luke 10:19). See yourself as an overcomer with the help of God. What kind of person do you want to become?
4. Taking one small step of faith is using the power of action to take you to the freedom you have always wanted (read Zechariah 4:10). What is that one small step of faith you can take that would help you to break a habit or to make a good habit?

Close in prayer