



## ANTHEM TRIBE TALKSHEET

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### Breaking Habits

#### SCRIPTURE:

- Judges 16:1
- James 1:21 GNT
- Proverbs 4:14-15

#### MAIN POINTS:

- You cannot defeat what you don't define
- To break a habit, remove the cue
- The habits you have today will shape who you are tomorrow

#### CHALLENGE YOUTH THIS

#### WEEKEND:

- Define the habit you want to break so you can continue to become who God wants you to be.

### DISCUSSION QUESTIONS

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