



## Sermon Discussion Guide

**“HOW TO BREAK DESTRUCTIVE PATTERNS IN YOUR LIFE”**  
**(Building Godly Character – Part 3)**  
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**Icebreaker:** What is the one bad habit you wished you could change?

**THIS IS ONLY A GUIDE.**

**OUR DESIRE IS THAT YOU WOULD USE THIS “GUIDE” TO LEAD YOU INTO DEEPER PERSONAL STUDY.**

*“<sup>18</sup> As He (Jesus) was walking along the Sea of Galilee, He saw two brothers, Simon, who was called Peter, and his brother Andrew. They were casting a net into the sea, since they were fishermen. <sup>19</sup> “Follow Me,” He told them, “and I will make you fish for people! <sup>20</sup> Immediately they left their nets and followed him.”*  
(Matthew 4:18-20)

Thirty years ago I learned to march in basic training. I’ve forgotten most of what I knew, but one command I can still remember is “about face.” When the drill sergeant yelled out that command, we all had to turn around and face the opposite direction.

We all make many mistakes in life, and we eventually need to make an “about face” or two. Not so hard in basic training. There you do what you’re told because you were told. Period. But turning away from destructive patterns everywhere else in life is hard. And we all need a little help.

Here are a few tips to get you started.

Change your setting. Last year I lost 50 pounds and I’ve kept it off. It took a ton of work, but the first step was getting the chips and candy out of the pantry. If you’re making a change, get rid of the stuff you won’t need anymore.

Know your why. I’ve heard it said that if you have a big enough why you can endure any how.

Ignore the critics. Change is a dream and dreams are fragile. Don’t give a critic the chance to kill yours. Last year, my bathroom scale kept criticizing me every morning, so I stopped getting on it every day. Once all my clothes stopped fitting, I knew it was safe to listen to the scale again.

See the change. Use your imagination to motivate you. It’s hard to get motivated if you don’t believe, and seeing is believing.

Don’t do it alone. You’re not going to accomplish much without Jesus. In fact, Jesus said we couldn’t accomplish anything without Him. (John 15:5) So don’t even try. Talk to Him about everything along the way and depend on His strength to see you through.

We’re not who we used to be. Each of us is a new creation in Christ. The old things have passed away and new things have come. So, let’s do the work to get rid of the destructive things from our past and move toward a better future.

### Questions:

1. What changes do you need to make to your setting? Are there things in your life that are dragging back toward an unwanted past?

