

BREAKING
OLD HABITS & PATTERNS

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HABITS & PATTERNS

- **Cycle of transformation**
- **Categories of deception**
- **Spiritual implication**
- **start to add Fasting to your praying**

CYCLE OF GROWTH



Inception

**Unconsciously
Incompetent**

A - High
C - None
E - High



Deception

**Consciously
Incompetent**

A - Low
C - Low
E - Low



Transformation

**Consciously
Competent**

A - Low/High
C - Low/High
E - Low/High



Identity

**Unconsciously
Competent**

A - High
C - High
E - High

CATEGORIES OF DECEPTION

- Victim
- Rut Dweller
- Certainty Seeker
- Success Seeker
- Pretender
- Escapist
- Stressed Achiever
- Ultimate Performer

- **Victim**...blame, claim, shame
- **Rut Dweller**...should,would,could
- **Certainty Seeker**...tradition,
inflexible, stay the same
- **Success Seeker**...program after
program, challenge after challenge

- **Pretender**...masterful mask
- **Escapist**...self righteous
- **Stressed Achiever**...bull in a china shop
- **Ultimate Performer**...**lifestyle** of continuous growth, assessment, accountability and progress

SPIRITUAL WARFARE

- **Traditional methods** will not break these strongholds in your life(positive affirmations, willpower, a list of do's and don'ts, wanting it bad enough, 1-dimensional approaches(new diet, new personal trainer)
- **Mark 9:29** “this kind can come out only by prayer and fasting”

SPIRITUAL ARMOUR

- **Helmet of Salvation** thought life(churning, forecasting doom, assuming you know what others are thinking)
- **Breastplate of Righteousness** heart condition(unforgiveness, regret, guilt)
- **Feet gospel of peace** ordered steps not driven steps(watch your step)
- **Sword of the Spirit** spoken word aligned with God's word, will & way(respond in alignment with the word and remember you have authority to ask for the mind of Christ)
- **Shield of faith** block the darts and arrows(doubt, fear, worry)
- **Mark 9:29** “this kind can come out only by prayer and fasting”

ADD WEEKLY **FASTING**

- Add the armor to your fast
- take your category of deception to the Lord
- take your habits and patterns to the Lord
- release the mindset that you need to “work hard” to change this...your release is a gift to receive NOT to achieve; allow yourself to BE LIFTED instead of DOING the lifting...too exhausting

QUESTIONS

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put I MATTER in the subject line

Keep your food clean in order to maximize our work together