



# Endurance in Breaking Stubborn Habits



Strengthen your persistence in Christ to break stubborn habits and grow in spiritual endurance through this 5-day Bible study.

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## Introduction

**Endurance** is a vital quality in the Christian life, especially when facing the challenge of breaking stubborn habits that hinder our spiritual growth. These habits can feel deeply ingrained, like chains that restrict us. Yet, through the power of *persistence in Christ*, we can overcome these obstacles and experience true freedom.

In this study, we will explore how God equips believers with the strength to endure trials, resist temptation, and maintain unwavering faith. Endurance isn't just passive patience; it is an active, determined perseverance fueled by the Holy Spirit. When we choose to rely on God's promises and develop habits rooted in Scripture, our old patterns lose their grip.

This journey is not about instant perfection but steady progress. Even when setbacks come, God's grace empowers us to rise again and keep moving forward. You will be encouraged to reflect deeply, pray intentionally, and journal honestly as you seek to break free from habits that no longer serve your calling.

Let this time renew your hope and ignite a persistent spirit as you learn to endure stubborn habits by anchoring yourself in Christ's enduring strength. **Endurance leads to victory**, and God walks with you every step of the way. 🙏



## Day 1: 💪 Strength in Weakness



Day 1: 🐣 Strength in Weakness


## Your Verse

*2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*

## Supporting Scriptures

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*



Day 1:  Strength in Weakness


## Devotional: God's Power Perfected in Weakness

Breaking stubborn habits often reminds us of our human weakness—times when we feel helpless or unable to change. However, **God's power shines brightest in our weakness**. Apostle Paul reminds us that when we acknowledge our limitations, we make room for Christ's strength to work profoundly in our lives.

Do not be discouraged if your efforts to change seem small or slow. Persistence in the face of weakness is a testament to God's sustaining grace. Instead of depending on your own willpower, invite God's strength into your struggle. His grace not only forgives but empowers.

Today, embrace your weakness as an opportunity to lean deeper into Christ. Let your brokenness be the soil in which God plants endurance. Remember that *His grace is sufficient*—enough to carry you through the hardest battles.



Day 1:  Strength in Weakness

## Reflect and Apply

1. How have you experienced God's strength during moments of weakness in your struggle with habits?

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2. In what ways can admitting weakness open you to God's grace and power?

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3. Are you relying more on your own efforts or on God's strength as you try to break a habit?

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Day 1:  Strength in Weakness

## Journaling Prompts

1. Write about a time when you felt weak but experienced God's strength.

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2. Identify a habit that feels too hard to change and pray for God's power in that area.

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3. Reflect on how admitting your weakness changes your approach to endurance.

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Day 1: 💪 Strength in Weakness

## Prayer for Today

**Lord**, I acknowledge my weakness and need for Your mighty strength today. Help me to rely on Your grace instead of my own willpower. Teach me to be persistent in breaking habits that hold me captive, knowing that Your power is perfected in my weakness. Fill me with endurance and hope as I trust in Your faithfulness. *Thank You for Your sustaining love and strength.*





## Day 2: 🔥 Persevering Through Trials



## Day 2: 🔥 Persevering Through Trials

## Your Verse

*James 1:12 – "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."*

## Supporting Scriptures

- *Romans 5:3-4 – "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."*
- *Hebrews 12:1 – "Let us run with perseverance the race marked out for us."*



## Day 2: 🔥 Persevering Through Trials

## Devotional: Blessings Found in Persevering Trials

Trials often appear as stumbling blocks in our quest to break free from persistent habits. Yet according to Scripture, perseverance through these trials produces invaluable spiritual growth. James presents endurance as a blessing, not just an obligation.

Every time you resist temptation or choose a better path, you are strengthening your spiritual character. This process refines your hope and aligns your heart more closely with God's purposes. Perseverance is like running a long race—sometimes tiring, often difficult, but ultimately rewarding.

Let this truth motivate you: enduring hardships is part of the journey toward freedom. When you face setbacks, remind yourself that God is shaping your character and deepening your hope through each challenge.



Day 2: 🔥 Persevering Through Trials

## Reflect and Apply

1. What trials are currently testing your persistence in breaking a habit?

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2. How does understanding the purpose behind trials change your perspective?

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3. In what ways can you 'run the race' with endurance despite setbacks?

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Day 2: 🔥 Persevering Through Trials

# Journaling Prompts

1. Describe a specific trial you are facing and how you can persevere through it in faith.

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2. Write about how trials have shaped your character or hope in the past.

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3. List practical steps to maintain persistence when discouraged by setbacks.

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## Day 2: 🔥 Persevering Through Trials

## Prayer for Today

**Father**, help me to persevere through the trials I face while breaking stubborn habits. Teach me to see challenges as opportunities for growth and to run my race with endurance and faith. Strengthen my hope and character so I may receive the crown of life You have promised. Guard my heart from discouragement and fill me with Your peace.





## Day 3: Standing Firm in Faith





## Your Verse

*Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."*

## Supporting Scriptures

- *1 Corinthians 16:13 – "Be on your guard; stand firm in the faith; be courageous; be strong."*
- *Psalms 18:2 – "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."*



## Devotional: Equip Yourself to Stand Firm in Faith

Breaking free from stubborn habits requires a firm stance—spiritually and mentally. Paul instructs believers to put on the full armor of God, equipping us to resist the enemy's persistent attacks.

What does it mean practically to stand firm in faith? It means setting our minds on God's truth, staying alert to temptation, and boldly resisting old patterns. Courage and strength come from knowing that God is our refuge and defender.

In moments when habits tempt you to revert, remember you are not alone. God's armor protects your heart and mind. Clothe yourself daily with truth, righteousness, peace, faith, salvation, and the Word of God. With this spiritual armor, you can take a firm, victorious stand.



## Reflect and Apply

1. Which piece of God's armor do you feel you need to put on more fully?

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2. How can standing firm in faith help you when fighting stubborn habits?

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3. In what ways has God been your refuge during past struggles?

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## Journaling Prompts

1. Write about how you can practically 'put on the armor of God' each day.

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2. Reflect on the challenges where you need courage and strength in your habit struggle.

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3. Describe moments when God was your fortress or deliverer.

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Day 3: 🛡️ Standing Firm in Faith

## Prayer for Today

**Lord God**, empower me to stand firm in my faith as I battle stubborn habits. Help me to put on Your full armor daily, resisting the enemy's schemes with courage and strength. Be my refuge and fortress in moments of temptation and weakness. May Your truth and righteousness guide my steps and protect my heart.





## Day 4: 🌱 Renewing the Mind



## Day 4: 🌱 Renewing the Mind

## Your Verse

*Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

## Supporting Scriptures

- *Philippians 4:8 – "Whatever is true, whatever is noble, whatever is right...think about such things."*
- *Colossians 3:2 – "Set your minds on things above, not on earthly things."*



## Day 4: 🌱 Renewing the Mind

## Devotional: Transforming Through Mind Renewal

Endurance in breaking habits is deeply connected to the renewing of your mind. The mind often harbors patterns of thinking that feed stubborn behaviors. Romans 12:2 reminds us that true transformation begins with changing how we think.

Renewing your mind means intentionally focusing on God's truth and rejecting worldly or negative thoughts. This mental renewal helps you discern God's will and embrace the good and perfect path He has for you.

Today, commit to filling your thoughts with what is pure, lovely, and praiseworthy. Engage your mind with Scripture, prayer, and positive reflection. As your mind changes, your habits will begin to align with God's purpose, enabling lasting endurance and growth.





## Reflect and Apply

1. What thought patterns contribute to your stubborn habits?

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2. How can focusing on God's truth change your daily choices?

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3. In what ways has renewing your mind helped you grow spiritually?

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Day 4: 🌱 Renewing the Mind

## Journaling Prompts

1. List thoughts or lies you need to replace with God's truth.

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2. Write about a Scripture verse that renews your mind and why.

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3. Describe practical ways to focus on 'things above' each day.

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Day 4: 🌱 Renewing the Mind

## Prayer for Today

**Father**, renew my mind and transform my thoughts. Help me not to conform to patterns that feed old habits but to embrace Your truth daily. Guide me to think on things that are pure, noble, and pleasing to You. May this renewal empower me to persevere and live in freedom.





## Day 5: ✨ Victory Through Persistence



Day 5: ✨ Victory Through Persistence

## Your Verse

*Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

## Supporting Scriptures

- *Hebrews 10:36 - "You need to persevere so that when you have done the will of God, you will receive what he has promised."*
- *2 Timothy 4:7 - "I have fought the good fight, I have finished the race, I have kept the faith."*



## Day 5: ✨ Victory Through Persistence

## Devotional: Persevere to Reap Your Victory

Endurance culminates in victory, but only if we refuse to give up. Galatians 6:9 encourages believers to persist in doing good—the work of breaking old habits included—because the harvest will come at the right time.

Victories over stubborn habits may be gradual and sometimes hard-fought, but persistence in Christ guarantees success. Like a race or battle, the journey requires steady faithfulness and a heart fixed on the reward.

Reflect on the progress made during this study and commit to ongoing persistence. Celebrate small victories and trust God's timing for full breakthrough. Remember, your perseverance is not in vain; it reflects a faith that will be rewarded.



## Reflect and Apply

1. What victories, big or small, have you experienced in breaking a habit?

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2. How can you keep going when the journey feels long or difficult?

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3. What does 'reaping a harvest' look like personally in your walk with God?

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# Journaling Prompts

1. Write about a recent breakthrough and what you learned from it.

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2. Plan how you will maintain persistence beyond this study.

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3. List promises from God that encourage you to not give up.

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Day 5: ✨ Victory Through Persistence

## Prayer for Today

**God of victory**, thank You for the strength to endure and the promise of a harvest. Help me not to grow weary but to keep pressing forward in breaking free from stubborn habits. Strengthen my heart to remain faithful, confident that You will complete the good work You've started in me. I rejoice in Your faithfulness and trust in Your perfect timing.





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