

DON'T SET A GOAL, START A HABIT

New Year's Message

January 1, 2023

Pastor Gary

"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. . . I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. . . Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord." (Romans 7:15, 18b–19,24-25a NLT)

THREE STEPS TO START A NEW HABIT

1. Start with WHO.

"Unhealthy identity creates unwise habits. The unwise habits reinforce the unhealthy identity"

– Craig Groeschel

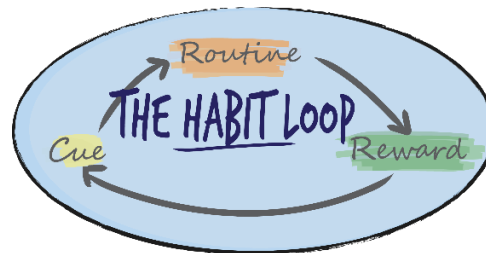
"...Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Corinthians 5:17, NLT)

2. Set THE GOAL.

*"All athletes are disciplined in their training. They do it to win a prize that will fade away, but **we do it for an eternal prize.**" (1 Corinthians 9:25, NLT)*

3. Establish a SYSTEM.

*"All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So **I run with purpose in every step.** I am not just shadowboxing. **I discipline my body** like an athlete, training it to do what it should." (1 Corinthians 9:25–27, NLT)*



ACTION STEP

START 1 NEW HABIT THIS YEAR!