

Small Things. Big Difference.

HABITS

All Scriptures below are in the NLT (New Living Translation).

15 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. **ROMANS 7:15**

18 I want to do what is right, but I can't. 19 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. 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. **ROMANS 7:18-20**

24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin. **ROMANS 7:24-25**

24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 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. 26 So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. **1 CORINTHIANS 9:24-27**

TWO PRINCIPLES

1. PRACTICE
2. POWER

FLOSS:

- F FIRST change your atmosphere
- L LEARN a new habit
- O OVERCOMING attitude
- S SKILL
- S SPARK