

HABITS - Part 1 - Who Before Do

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Successful people do consistently what other people do occasionally.

—Pastor Craig Groeschel

Our habits will make or break us. We become what we repeatedly do.

—Sean Covey

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 7:15-25 (NLT)

The Apostle Paul starts to do what a lot of us do - he connects his failure to his ____ and talks about “what a

miserable *person*" he is. (italics added)

And he who was seated on the throne said, 'Behold, I am making all things new.'...

—Revelation 21:5 (ESV)

...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)

THREE REASONS WHY WE DON'T SUCCEED

1. We focus on the ____ but don't understand the ____.

You don't rise to the level of your goals; you fall to the level of your systems.

—James Clear (*Atomic Habits*)

The mistake we tend to make is we want to change the results, but we don't put in place ____ to help that to happen.

2. We don't see progress ____ enough.

Wrong Conclusions:

- **Small, ____ decisions don't matter very much.**
- **Small, ____ decisions don't matter very much.**

Our lives are the sum total of all the ____ we make, and the vast majority of them are ____.

Small, good decisions are never ____ - over time they build you up.

It's the things that no one ____ that bring the results everyone wants.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

—Galatians 6:9 (NLT)

3. Our distorted identity ____ our success.

An unhealthy identity creates unwise ____, and then the unwise habits reinforce the unhealthy ____.

Who do I want to become?

Identity shapes ____!

We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin... Now you are free from your slavery to sin, and you have become slaves to righteous living.

—Romans 6:6-7,18 (NLT)

A healthy identity creates positive ____, and positive habits reinforce a healthy ____.

Identity shapes actions, so know who you ____, and then you'll know what to ____.

Next Week: Starting (Building Good Habits)