

HABITS—1 “WHO BEFORE DO”

- Successful people do consistently what other people do occasionally.

“Our habits will make us 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. 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.*** ... 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.*** ... Romans 7:15, 18-19, 24-25

Three Reasons We Don't Succeed

1. We focus on the what but don't understand the how.

“You don't rise to the level of your goals, you fall to the level of your systems.” James Clear

2. We don't see progress fast enough.

- **Wrongly conclude: Small good decisions don't matter that much.**
- **Wrongly conclude: Small bad decisions don't matter that much.**

- Our life is the sum total of all the small decisions that we make.

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

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

3. Our distorted identity sabotages our success.

- An unhealthy identity creates unwise habits.
- Unwise habits reinforce an unhealthy identity.

*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.** ⁷ For when we died with Christ we were **set free from the power of sin.** ... ¹⁸ Now **you are free from your slavery to sin**, and you have become **slaves to righteous living.** Romans 6:6-7, 18*

- **A healthy identity creates positive habits.**
- **Positive habits reinforce a healthy identity.**

• WHO DO YOU WANT TO BECOME?
