

**SCRIPTURE AND
KEY SERMON NOTES:**

**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. ... 24oh, what a miserable person i am! Who will free me from This life that is dominated by sin and death? 25thank god! The Answer is in Jesus Christ our Lord. ... **Romans 7:15, 18-19, 24-25***

THREE REASONS WE DON'T SUCCEED

**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

The Shema - Deuteronomy 6:4-9, ESV)

** “hear, o Israel: the lord our god, the lord is one.
You shall love the lord your god with all your heart and with all your soul and with all your might. And these words that i command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.*

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***

"because of the increase of wickedness, the love of most will grow cold, but the one who stands firm to the end will be saved.

Matthew 24:12-13 (NIV)

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.

START PRAYING:

God, we can't do any of this without You. Thank You for showing us the places we can grow to become more like Christ. Holy Spirit, we need Your power to break off old habits and start new ones. We pray this by the powerful name of Jesus. Amen.

DISCUSSION QUESTIONS

START TALKING:

If you could wave a wand and make this year different from last year, what two or three things would you magically change?

What's one new habit you want to start? What's one old habit you want to stop?

START THINKING:

Which is more difficult for you: making a habit or breaking a habit? Why do you think that is?

What's a positive habit you do occasionally that you'd like to do consistently?

Read the Shema. As a group list as many of the systems you can find of worship and relationship God gave the people of Israel as they prepared to enter the Promised Land.

START SHARING:

Read Romans 7:15-25. How can you relate with the Apostle Paul? How has the power of Jesus set you free from this cycle?

Use three words to describe the kind of person you want to become.

What's a “who” goal that you want to put into place this year? What are some systems that would help you reach it? Have fun as a group discussing “how” instead of just focusing on the “what.”

Discuss as a group how easy it is to give up on these kinds of goals when results do not come fast enough. Brainstorm on how to go the distance and be patient with the results.

START DOING:

Write it out. Write out 3-5 sentences that describe who you want to be. Build a habit of looking or thinking about that list on a regular basis this year! Become that person!