

Talk It Over

HABITS (Week 1) Who Before Do

SMALL TALK

1. If you could wave a wand and make this year different from last year, what two or three things would you magically change?
2. What's one new habit you want to start? What's one old habit you want to stop?

VIEWPOINT

3. **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?
4. **READ Romans 6:6-7, 18.** How does this affect our identity? How does knowing our identity affect our actions?

GETTING PERSONAL

5. Which is more difficult for you: making a habit or breaking a habit? Why do you think that is?
6. What's a positive behavior you do occasionally that you'd like to do consistently?
7. Use three words to describe the kind of person you want to become.
8. What's a "who" goal that you want to put into place this year? What are some systems that would help you reach it?

MAKING PROGRESS

9. One of our core statements is: "Do First Things First." What important things are consistently part of your system? What important things have you been doing only occasionally (i.e., these are not as automatic, or systematic as you want these to be)? What can you do to make these small training practices more systematic?

January 5, 2020

HAPPY NEW YOU!

Series: HABITS (week 1)

Good morning everyone! Happy New Year!

Today's title is Happy New You!

Are you ready to start a New Year with God, with hope, and with help from God's Word and with people to encourage you?

The focus for this series is that habits are like small dominoes that can topple big dominoes. Its true. Small Habits can do Big things. Over time big positive things, or small bad Habits big negative and destructive things.

The operative word is "Small." It's the little things we repeat over and over that make such a huge difference!

The statistical failure rate of New Years resolutions is 80% by Valentines Day. What will make it different for you in 2020?

2 Corinthians 5:17 (NLT) This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Happy New You! How?

Philippians 2:13 (NLT) For God is working in you, giving you the desire and the power to do what pleases him.

I. Successful people do CONSISTENTLY what other people do OCCASIONALLY.

People who are doing well are people who have learned how to do small disciplines consistently that pay off in big ways over time.

Small disciplines pay off big **relationally**, **physically**, **financially**, or **spiritually**. It is all about how small steps in the right direction have bigger and bigger compounding effects over time.

Here are a few of the best books on habits:

- [*Atomic Habits*](#) by James Clear
- [*The Power of Habit*](#) by Charles Duhigg
- [*The Compound Effect*](#) by Darren Hardy
- [*The 7 Habits of Highly Effective People*](#) by Stephen R. Covey

If you have read any of these, in this series, you may recognize an echo from a few of these. The very best information about Habits, describing good ones and bad ones God's Word. I think you will see what I mean as we dive in.

PAUL DESCRIBES OUR HABIT PROBLEMS WELL

Romans 7:15 (NLT) *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 7:18-19 (NLT) *... 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.*

Romans 7:24-25 (NLT) *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...*

With amazing transparency and insight, Paul describes OUR HABIT problem AND he connects it to an IDENTITY problem.

What a miserable person I am! What a failure I am. I'm not disciplined. I'm not godly. What a miserable person I am. Amazing honesty. Amazing confession. But then, everything changes. His thinking shifts dramatically with the answer.

Who will save me? Self isn't the answer. The answer is Jesus Christ!

Instead of looking in the mirror, he looked to the source. This is the game changer!

Who can set us free? Christ is our source, our strength, our hope, our healing, and he makes all things new! It doesn't matter where you've been, or what you did. The old is gone, the new has come!

Why is it that so many of us want to do the right things, we have good intentions, but we experience failure? We are not connecting to the source of our new identity!

II. Three Reasons We Don't Succeed

A. We focus on the WHAT but don't understand the HOW.

Generally speaking: Everyone wants to be successful, in shape, loved, and experience a blessed and meaningful life! Everyone has the same goals. What's the difference between the those who succeed and those who don't?

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

--James Clear, Author of *Atomic Habits*

Next week we are going to take a look at DANIEL:

He was a godly man. Head and shoulders above all the leaders. What was his system?

Daniel had Pre-DECIDED that three times a day, every day, he stops to spend time with God.

This decision was the Habit that caused his character and leadership to rise head and shoulders above everyone else. It wasn't his goals, it was his SYSTEMS that made all the difference in his life.

If you want to improve your spiritual health don't look at your intentions, don't look at your goals, evaluate your systems!

(Physical, spiritual, intellectual, financial, relational, emotional)

B. We don't see progress FAST enough.

That's why 80% of the resolutions fail, we don't see progress fast enough!

You go to the gym! You went on the treadmill like 3 times this week. You are doing really good! Then you get on the scale and you are shocked! You gained weight instead of losing it. Your motivation just completely devastated. You are like, well that didn't work! Right? You ever been there?

Or, you decide you are going to pray and read the Bible. You did it 4 days straight, then as you are driving to church you yell at your wife and kids all the way there! You are like, well that didn't work! Right? You ever been there?

You are deep into debt. You like owe \$40,400 so you decide, I'm going to quit going to Starbucks, and you do the math, and

you figure you can pay an extra \$100 a month. So after your first miserable month without coffee you look at what you owe and it is \$40,300. You feel defeated. You are like, well that didn't work! What did you do? You went back to Starbucks, right?

Do you know why we stopped. We jumped to the wrong conclusions!

WRONG CONCLUSIONS:

Small GOOD decisions don't matter that much.
Small BAD decisions don't matter that much.

The small decisions do matter...but usually you can't see them fast. It take more time. It's like when you boil water.

JOE & BOB (TWINS)

1. **JOE:** Decided to make a little adjustment to get rid of his married flab (no big deal) Calorie change AVG – 125 a day.
2. **BOB:** Made a little adjustment bad habit (Nothing crazy) Calorie change AVG Plus 125 a day.

VISIBLE CHANGES:

- 5 MOS.** To the observer they still look exactly the same.
- 18 months.** Still very few notice
- 25 months.** Noticeable
- 31 Months.** Very Noticeable.

JOE 33.5 LBS down

BOB 33.5 LBS up.

67 LBS difference between them. (that's just the math. This doesn't take into account all the other improvements JOE realized.

One discipline led to another... promotions, raises, happier marriage). This is the ripple effect.

(modified from) Hardy, Darren. *The Compound Effect* (pp. 11-13). Hachette Books. Kindle Edition.

Small Things Add Up.

- It might seem like you got away with looking at porn, nothing bad happened, but wait, small things add up.
- It might seem like missing church here and there didn't matter, but wait, small things add up!

Galatians 6:7 (NIV) *Do not be deceived: God cannot be mocked. A man reaps what he sows.*

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

C. Our distorted identity SABOTAGES our success.

“Well, this is just the way I am. I mean, we've always known, I have an addictive personality, and so, well, I might as well take another drink, right?” Don't swallow the lie!

2 Corinthians 5:17 (NLT) *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

“I'm not good with money, I've never been good with money, so I might as well go shopping.” Don't buy the lie!

Philippians 2:13 (NLT) *For God is working in you, giving you the desire and the power to do what pleases him.*

Who do you want to become?

Let the NEW YOU shape your NEW YOU systems: With God, with hope, and with help from God's Word and with people who encourage you!