

**HABITS—1**  
**WHO BEFORE DO**  
**January 12, 2020**

Successful people do \_\_\_\_\_ what other people do \_\_\_\_\_.

“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. <sup>18</sup> ... I want to do what is right, but I can't. <sup>19</sup> 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. ... <sup>24</sup>Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? <sup>25</sup>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 \_\_\_\_\_ 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

**2. We don't see progress \_\_\_\_\_ enough.**

- **Wrongly conclude: Small \_\_\_\_\_ decisions don't matter that much.**
- **Wrongly conclude: Small \_\_\_\_\_ decisions don't matter that much.**
- **Our \_\_\_\_\_ is the sum total of all the \_\_\_\_\_ decisions that we make.**

**It's the things that no one \_\_\_\_\_ that bring results everyone \_\_\_\_\_ .**

*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*

**3. Our distorted identity \_\_\_\_\_ our success.**

- **An unhealthy identity creates unwise \_\_\_\_\_ .**
- **Unwise habits reinforce an unhealthy \_\_\_\_\_.**

*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. <sup>7</sup> For when we died with Christ we were set free from the power of sin. ... <sup>18</sup> 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 \_\_\_\_\_.**
- **Positive habits reinforce a healthy \_\_\_\_\_.**

**WHO DO YOU WANT TO BECOME?**

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