



Reset Your Habits

Romans 7:15, 18-19 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...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...

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

Goals don't determine success.
Systems determine success.

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

Luke 5:16 NIV: But Jesus often withdrew to lonely places and prayed.



How to Create a Habit: Make it Easy.

Zech 4:10 NLT Do not despise these small beginnings, for the Lord rejoices to see the work begin.

Luke 5:16 NIV: But Jesus often withdrew to lonely places and prayed.

What's the habit you need to create?

How to Break a Habit: Make it Difficult

Prov 4:14-15 NLT: Do not set foot on the path of the wicked or walk in the way of evildoers. 15 Avoid it, do not travel on it; turn from it and go on your way.

1 Cor 10:13 NIV: God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

What habit do you need to break?

Prov 13:20 NLT: Walk with the wise and become wise; associate with fools and get in trouble.