

Who Before Do

ATOMIC HABITS

A HABIT IS A _____, A PROCESS, A PATTERN, OR RESPONSE THAT BECOMES AUTOMATIC IN YOUR LIFE. A USUAL MANNER OF BEHAVIOR THAT HAS BECOME NEARLY OR COMPLETELY _____.

Your habits determine your _____.

Habits become building blocks that take you one step _____ to what you become and to who you are.

We don't become what we _____ to do.
We become what we _____ do.

Habits are cumulative in their effect and are more powerful than your _____.

_____ was a man of habits.

Luke 5:16 *Jesus...continued his habit of retiring to deserted places and praying.*

Luke 21:37 *Every day Jesus went to the Temple to teach, and each evening he returned to spend the night on the Mount of Olives.*

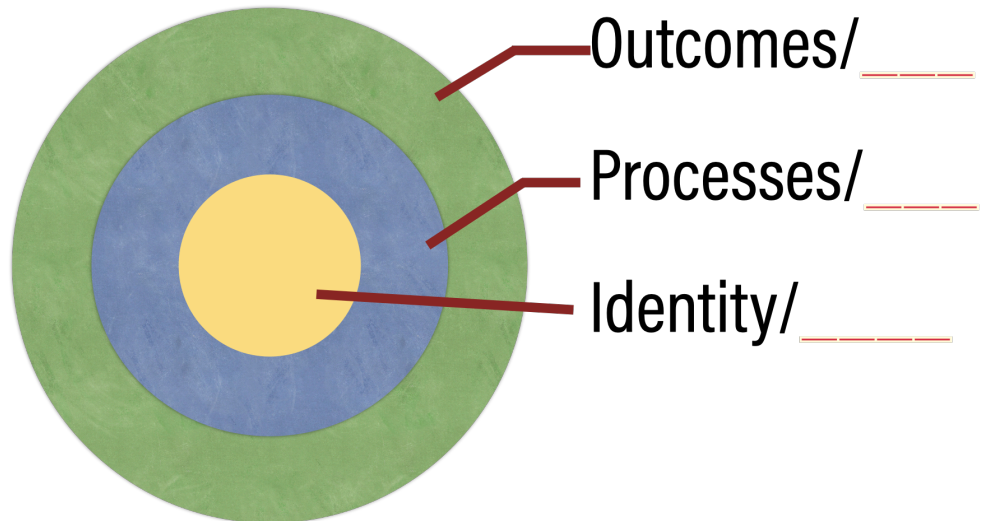
Luke 4:16 *...as was His custom, He entered the synagogue on the Sabbath.*

_____ do I do
what I do?

The key to lasting
change is

-
based habits.

_____ do I want
to be?



Proverbs 23:7 (NKJ) *For as he thinks in his heart , so is he.*

Who I am determines what I _____.

Behind every system of actions are a system of _____.

It's hard to _____ your habits if you don't first change the underlying beliefs that got you there.

If you change your _____ without changing your _____ then the behavior will come back.

We have an _____.

John 8:44 (NLT) *He/Satan has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.*

John 8:45 *So when I tell the truth, you just naturally don't believe me!*

He _____ your identity.

_____ -honoring identity leads to Christ-honoring habits. Christ-honoring habits _____ a Christ-centered identity.

Who do I want to _____?

Romans 12:2 *Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.*

"Conform" is (Greek) "syschematizo" which means to _____ one's behavior by a pattern.

"EVERY ACTION YOU TAKE IS A VOTE FOR THE TYPE OF PERSON YOU WISH TO BECOME. NO SINGLE INSTANCE WILL TRANSFORM YOUR BELIEFS, BUT AS THE VOTES BUILD UP, SO DOES THE EVIDENCE OF YOUR NEW IDENTITY!" - JAMES CLEAR

I'm not striving to be better, I'm deciding to be _____.

Ephesians 4:21 *Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy.*