

Building Good Habits, part 2

ATOMIC HABITS

REVIEW:

- SPIRITUAL WHY
- WHO BEFORE DO
- CUE-CRAVING-RESPONSE-REWARD
- HOW TO BUILD A GOOD HABIT
 1. MAKE IT OBVIOUS

2. Make it _____

Matthew 11:29-30 *Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."*

When you start a new habit, it should take less than _____ minutes to do.

Life _____ doesn't happen when we do something complicated occasionally, but when we do something simple consistently.

Habit stacking - attach the new thing you want to do, to a habit you _____ do.

God often does _____ things through _____ habits.

Daniel 6:10 *Three times a day he [Daniel] got down on his knees and prayed, giving thanks to his God, just as he had done before.*

Zechariah 4:10 *Do not despise these small beginnings, for the LORD rejoices to see the work begin.*

3. Make it _____

A powerful tool we have in establishing change in our life is _____.

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

4. Make it _____

When mastering a habit, the key is to start with repetition, not _____.

Habits form based on _____, not time.

_____ habits - have a _____ effect

One keystone habit that will impact every other area of your life is _____ daily in God's Word.

Two common barriers to Bible engagement: the Bible is too _____, and I don't know where to _____.

Years of small _____ decisions and small _____ habits have a ripple effect on other areas of our life.

1 Kings 13:33-34 Even after these events, Jeroboam did not repent of his evil ways, but again he appointed priests for the high places from every class of people. He ordained anyone who desired to be a priest of the high places. 34 And this was the sin of the house of Jeroboam that led to its extermination and destruction from the face of the earth.

Choosing the _____ habits will change your life.