

THE POWER TO CHANGE - WEEK 2

Hope alone won't change your life. Habits will.

Most of what you normally do isn't the result of hope, but the result of habits.

Over 40% of the actions you do daily are not the result of decisions, but the result of habits.

God often does big things through small habits.

Daniel 6:5 NIV

Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."

Daniel 6:10 NIV

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Never underestimate how God can start something big through one small habit.

Real and lasting change isn't behavior modification. It's spiritual transformation.

Based on who you want to become, what's one habit you need to start?

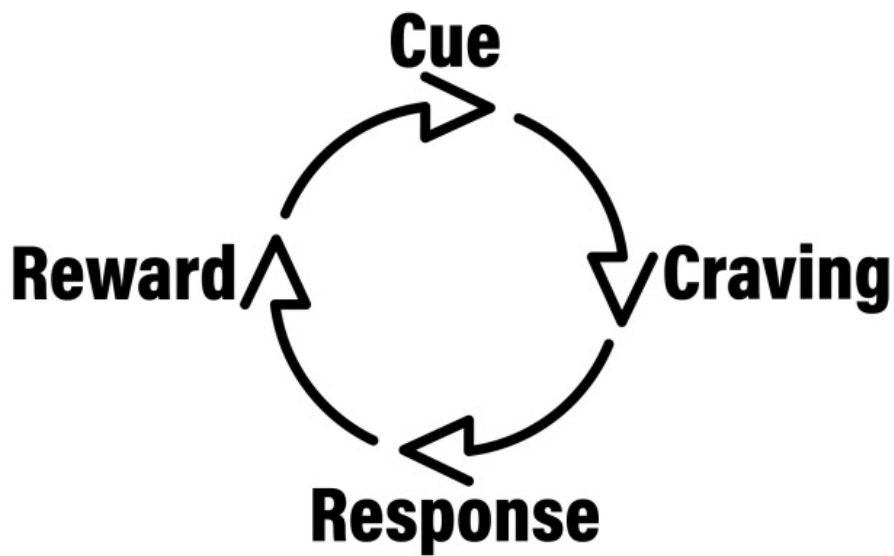
Hebrews 10:25 BSB

Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching.

How to Create a New Habit

1. Make it obvious.

If you want to change what you do, change your cues.



2. Make it easy.

I will do _____ after I _____.

1 Timothy 4:8 NLT

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

Zechariah 4:10 NLT

LORD rejoices to “Do not despise these small beginnings, for the see the work begin ...”