

SMALL THINGS, BIG DIFFERENCE
(Developing Positive Habits)
Sunday January 7th 2018



Too often, we make huge plans and major resolutions, and we get frustrated when we can't keep them.

We can make small, manageable, incremental changes that really add up. When we cultivate small but key new actions, we can see long term life change.

Let's learn how to embrace intentionally that small things make big differences.

- **IT'S THE SMALL THINGS THAT NO ONE SEES THAT RESULT IN THE BIG THINGS EVERYONE WANTS**
- **DISCIPLINE IS CHOOSING BETWEEN WHAT YOU WANT NOW AND WHAT YOU WANT MOST**

WHY AM I SO INCONSISTENT?

15 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. I want to do what is good, but I don't. 19 I don't want to do what is wrong, but I do it anyway. 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

*24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in **Jesus Christ our Lord...***
(Romans 7:15, 18-20, 24-25 NLT)

TRAINING TO WIN WHAT MATTERS MOST

*24 Don't you realise that in a race everyone runs, but only one person gets the prize? So **run to win!** 25 All athletes are **disciplined in their training.** They do it to win a prize that will fade away, but we do it for an **eternal prize.** 26 So I run with **purpose in every step.** I am not just shadowboxing. 27 **I discipline my body** like an athlete, training it **to do what it should...***

(1 Corinthians 9: 24-27 NLT)

- **WHAT DO YOU WANT MOST?**

- **MY ONE DISCIPLINE: WHAT DO YOU NEED TO DO NOW TO HAVE WHAT YOU WANT MOST?**

Talk and Think It Through

Talking and thinking through the message during the week helps you turn what God is saying to you into action steps.

- Where in life are you most lacking in discipline? How has that affected you?
- What's the one thing you want most?
- What do you need to do now to have what you want most?
- With your Bible or Bible App, read and reflect on Romans 7:15-25 and 1 Corinthians 9:24-27.
- What are some of your keystone habits?
- Which keystone habits might you need to start
- What things might hinder you from being disciplined?
- What do you need to do to address these distractions?
- You are what you repeatedly do. How have you experienced the truth of this statement?

Next Steps:

- What's your first step to do the one thing you need to do now to have what you want most?

DAILY BIBLE READINGS

Take your next steps to become more disciplined in your life by reading and reflecting on the following Bible passages this week.

Day 1: Romans 7:7-25

Day 2: 1 Corinthians 9:24-25

Day 3: 1 Corinthians 9:26-27

Day 4: Proverbs 25:28

Day 5: Galatians 5:22-23

Day 6: 2 Timothy 1:7

Day 7: Titus 2:11-14