

WHO BEFORE DO

TOM LUNDEEN, SENIOR PASTOR

WEEK TWO - SEPTEMBER 15, 2019

Good books on habits:

- *Compound Effect* (Hardy); *Power of Habit* (Duhigg); *Atomic Habits* (Clear)
- Christian books on this subject: *I Declare War (Winning the Battle With Myself)*, (Lusko); *Your Future Self Will Thank You (Secrets to Self-Control from the Bible and Brain Science)*, (Dyck).

Habits matter so much because people who are _____ do consistently what other people do occasionally at best.

Our habits make _____ us or break _____ us. (Covey)

Note Romans 7:15, 18-19, 24

Why do our good _____ usually fail?

1. We Focus on the “_____” but don’t Understand the “_____”

Goals don’t determine success, systems do... you don’t rise to the level of your goals, you fall to the level of your systems. (Clear)

2. We Don’t See _____ Fast Enough

We can wrongly conclude that small good habits don’t move the _____ much and bad habits don’t seem to _____ much.

My life is the sum total of all my _____
Note Galatians 6:9

3. Our Distorted _____ Undermines Positive Steps

Our distorted identity creates unhealthy habits, and then those unhealthy habits r _____ unhealthy identity (negative cycle).

Instead of _____ goals, start with _____ goals.

Identity shapes _____.

When you know who you are, you know the _____ thing to do.

The great news of the gospel is that when I say "YES!" to Jesus as Lord, I have a _____ identity (note Romans 6:6-7).

Note Romans 7:24-25

"What would the person I want to _____, _____?"

What kind of "creature of habit" does God want to shape my life into?:

- No _____ action changes my identity...
- ...but multiple and consistent actions over time start the _____ of how I see myself.
- U _____ who should we want to be like?
- If you and I are becoming more like Jesus, then we know who we are and what to do.
- The good news is you don't have to be _____ ...
Note Philippians 1:6
- *Small, smart choices + consistency + time= _____ difference (Hardy)*

There's still time to get your materials for our all-church spiritual journey (turn in your commitment card), and go to Group-Link. Also, tell someone about the next step you took today in your spiritual journey.

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Habits matter so much because people who are effective do consistently what other people do occasionally at best.

Our habits make us or break us. (Covey)

Note Romans 7:15, 18-19, 24

Why do our good intentions usually fail?

1. We Focus on the "What" but don't Understand the "How"

Goals don't determine success, systems do... you don't rise to the level of your goals, you fall to the level of your systems. (Clear)

2. We Don't See Progress Fast Enough

We can wrongly conclude that small good habits don't move the needle much and bad habits don't seem to matter much.

My life is the sum total of all my decisions.

Note Galatians 6:9

3. Our Distorted Identity Undermines Positive Steps

Our distorted identity creates unhealthy habits, and then those unhealthy habits reinforce unhealthy identity (negative cycle).

Instead of DO goals, start with WHO goals.

Identity shapes actions.

When you know who you are, you know the right thing to do.

The great news of the gospel is that when I say “YES!” to Jesus as Lord, I have a new identity (note Romans 6:6-7).

Note Romans 7:24-25

“What would the person I want to be, do?”

What kind of “creature of habit” does God want to shape my life into?:

- No single action changes my identity...
- ...but multiple and consistent actions over time start the transformation of how I see myself.
- Ultimately who should we want to be like?
- If you and I are becoming more like Jesus, then we know who we are and what to do.
- The good news is you don't have to be perfect...
Note Philippians 1:6
- *Small, smart choices + consistency + time=radical difference (Hardy)*

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WEEK TWO **DISCUSSION GUIDE**

WHO BEFORE DO

WEEK OF SEPTEMBER 15, 2019

Welcome to Week Two of the All-Church Spiritual Journey! We hope you've had time to explore the Journey Guide and maybe even some of the Bonus Materials provided. And now it's time for week two with your group—we're praying you're making some great connections with other people also taking next steps in their faith journey.



DISCUSSION GUIDE

Icebreakers:

Pumpkin or Apple?
Hot Chocolate or Cider?
Vikings or Packers?

Watch this week's intro video before answering the questions below. You can find the video at myrc.link/SGvideos or use this QR Code:



- 1** What do you consistently do that you think others may only do occasionally at best? How does this habit make you better?
- 2** Pastor Tom asked “Why do our good intentions usually fail?” Read Romans 7:15-18. Do you have any examples you can share of how your good intentions to do the right thing didn't quite make the grade?
- 3** We often know and focus on what we should do without thinking about how we actually live it out. Read Romans 7:24-25. How can a personal relationship with Jesus help move us from knowing what we should do to how to do it?
- 4** We all like to see improvement, and when we don't it's easy to get discouraged and quit. Read Galatians 6:9 and discuss how every decision matters in moving from good intentions to healthy systems.
- 5** If we have a distorted view of ourselves, we don't really know what to do in order to create or sustain good habits. Read Romans 6:6-11. What changes when our identity is found in Jesus?
- 6** Think back to your examples from question 2. What would have been different if you would have asked “What would the person I want to be, do?” Talk about specific decisions and how they would have changed the course of your example.
- 7** Our goal as Christ-followers is to become more like Him every day. What consistent actions do I need to start taking for my life to begin being transformed, over time, into the image of Jesus?
- 8** Close by reading Philippians 1:6 and praying for God to continue the work that He is doing in you for His glory and your good.