



Habits

Sunday, January 31, 2016

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Stepping Stones Community Church

It's often the _____ things that no one sees that
result in the _____ things that everyone wants

Discipline is choosing between what you
want _____ and what you want _____

1. Why am I so _____?

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... And I know that nothing good lives in me, this is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. 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... Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. **Romans 7:15, 18-20, 24-25 NLT**

2. Training to win what _____

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 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.

1 Corinthians 9:24-25 NLT

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. **Hebrews 12:1 NLT**

So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 9:26-27 NLT

What do I want most? _____

My One Discipline: (What I need to do now to have what I want most)

Next Steps:

- ☐ I commit to "run to win" in my spiritual life and will get rid of any obstacle that slows me down
- ☐ I will cooperate with God and allow his power to transform my life and habits
- ☐ My One Discipline: (What I need to do now to have what I want most)

- ☐ Invite a friend to Football Sunday next week
- ☐ _____