

No Such Thing as Small Change

-Hope to Habit

Review

All change needs a W___ and a H___.

The W___ is God's P_____.

The H___ is God's P_____.

Decide W___ before D___.

The Life Change Action Plan

H___ alone will not C_____ anything.

To change your L___ you need to change your H_____.

Spiritual T_____, not behavioral M_____.

W___ + H___ + W___ = Spiritual W___: H_____.

Based on W___ you want to B_____, what is one

H_____ you need to S_____?

Why, How

Why, Purpose

How, Power

Who, Do

Hope, Change

Life, Habits

Transformation, Modification

Why, How, Who, What, Habits

Who, Become

Habit, Start

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem.

Daniel 6:10

How to Create a New Habit

Make it O_____.

Habit Loop: C____, C_____, R_____, R_____

Want to Change what you D__? Change your C_____.

Make it E_____.

Practice H_____ S_____.

*Physical training is good, but **training for godliness is much better**, promising benefits in this life and in the life to come... This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.* **I Timothy 4:8,10**

What Do I Do Now?

Move from H_____ to H_____.

Invest in one L_____ C_____ Habit.

Receive God's O_____ of C_____.

Obvious

Cue, Craving, Response, Reward

Do, Cues

Easy

Habit Stacking

Hope, Habit

Life Changing

Offer, Change