

Small Things Big Difference Series

“Habits”

**It’s often the small things,
that no one sees,
that results in the big things
that everyone wants.**

Actions become habits. (disciplines)

No discipline is enjoyable while it is happening - it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

Hebrew 12:11 (NLT)

We are what we repeatedly do.

If you love sleep, you will end in poverty.

Keep your eyes open, and there will be plenty to eat!

Proverbs 20:13 (NLT)

A hard worker has plenty of food,

but a person who chases fantasies ends up in poverty.

Proverbs 28:19 (NLT)

The wise have wealth and luxury,

but fools spend whatever they get.

Proverbs 21:20 (NLT)

Discipline is choosing between what you want now, and what you want most.

A person without self-control

is like a city with broken-down walls.

Proverbs 25:28 (NLT)

Why am I so inconsistent?

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. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So I am not the one doing wrong; it is sin living in me that does it.

And I know that nothing good lives in me, that 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.

Romans 7:15-20 (NLT)

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. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.

Romans 7:24-25 (NLT)

Training to win at what matters most.

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. 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 9:24-27 (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 WHAT?

What do you want most?

What do you need to do now to have what you want most?

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 Timothy 1:7 (NLT)

notes

Growth Group Questions

(Questions and Scriptures for further study)

1. If you could be an Olympic athlete what sport or event would you want to participate in? What kind of training would that require?

2. What is an area of your life you are now or have been at one time very disciplined about?

What is an area of your life you have always struggled to be disciplined at?

3. What things hinder you from being disciplined in areas you want to be disciplined?

4. Re-read Romans 7:15-25. In what area of your life do you feel the same as the apostle Paul?

How can you find support from Jesus (vs 25) in this area of your life?

5. Re-read 1 Corinthians 9:24-27. How can your disciplines today be preparing you for an eternal prize?

6. What is the thing you want most?

7. What habit or discipline can you start now to have what you want most?