



**Key Scripture:**

Psalm 1:1 NIV

Blessed is the one who obeys the law of the Lord.

He doesn't follow the advice of evil people.

**He doesn't make a habit of doing what sinners do.**

He doesn't join those who make fun of the Lord and His law.

**Habitual Slaves To Sin**

Romans 7:15-25 NLT

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. 16 But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17 So I am not the one doing wrong; it is sin living in me that does it. 18 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. 19 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. 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. 21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. 22 I love God's law with all my heart. 23 But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. 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. 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.

**The Power of Small Disciplines**

Zechariah 4:10 TLB

Do not despise this **small beginning**, for the eyes of the Lord rejoice to see the work begin, to see the plumbline in the hand of Zerubbabel.

**Double Edged Sword of Habits**

- ✓ **Habits Compound For You or Against You**
- ✓ **Good Habits are the **compound** interest of small disciplines.**
- ✓ **Bad Habits are the compound interest a lack of small disciplines.**
- ✓ **Good habits make **time** your ally/Bad habits make time your enemy**

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# Habits

## Compound Interest

### Compound Interest of Good Habits...

#### 1. Compound your **results**... Focus on your systems.

Isaiah 3:10 NIV

Tell those who do what is right that things will go well with them.

*They will enjoy the **results** of the good things they've done.*

- ✓ **Winners and losers have the **same** goals.**
- ✓ **Achieving a goal is a **momentary** change.**
- ✓ **Goals **restrict** your happiness.**
- ✓ **Goals are at **odds** with the long-term progress.**

2 Corinthians 3:7 PHILLIPS

If to administer **a system** which is to end in condemning men was a splendid task, how infinitely **more splendid is it to administer a system which ends in making men good!**

#### 2. Compound your **progress**... Never Give Up!

Philippians 1:6 NLT

And I am certain that **God, who began the good work within you, will continue**

His work until it is finally finished on the day when Christ Jesus returns.

Galatians 6:9 NLT

So let's not get tired of doing what is good.

At just the right time **we will reap a harvest of blessing if we don't give up.**

#### 3. Compound your **life**... Live out your identity in Christ.

Luke 6:35-36 Message

35 "I tell you, love your enemies. Help and give without expecting a return. You'll never — I promise — regret it. **Live out this God-created identity** the way our Father lives toward us, generously and graciously, even when we're at our worst.

36 Our Father is kind; you be kind.

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