

They Come in All Shapes & Sizes

“What I don’t understand about myself is that I decide one way, but then I act another...” *Romans 7:15 (MSG)*

Series Recap:

Wk 1: Healthy Identity: Who we are, whose we are... is more important than what we do... or don’t do!

Wk 2: Ask For Help: A strength not a weakness!

Be Kind to Yourself: Helps you escape the ‘perfection zone!’

Wk 3: Investigate & Make Changes: When we feel like we can’t change, reflect on God’s faithfulness!

Trust the God-process: He is working something beautiful in your life!

Making and breaking habits consists of numerous, repeatable, daily steps.

These daily steps result in the changes that we are seeking to make in our habits!

_____ matter!

Big Idea:

_____ steps done consistently = small wins!

“Do not **despise** these small beginnings, for the LORD rejoices to see the work begin, to see the plumb line in Zerubbabel’s hand.”

Zechariah 4:10 (NLT)

The NIV translates the second portion of this passage as follows:

“...the earth will rejoice when they see the chosen **capstone** in the hand of Zerubbabel?”

A Word ... Actually Three

_____ - A finishing stone atop an exterior wall or roof or other exterior architectural feature.

Cornerstone - Considered the _____ stone in the building, as all other stones are laid in reference to this first, cornerstone.

Keystone - is the _____ stone placed at the top of an arch.

Keystone Habits

Architecturally speaking, remove the keystone the entire structure collapses.

Ecologically, the loss of a keystone species results in the breakdown of an ecosystem.

In contrast, a keystone habit provides

_____ and _____
for all the other habits in our lives.

Reminder

Remember habit formation or breaking is a daily process for the _____ of our lives!

Daily steps done consistently _____ small wins!