

## Who Are You?

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

### Big Idea:

\_\_\_\_\_ we are...

\_\_\_\_\_ we are...

is more \_\_\_\_\_ than what we do...  
or don’t do!

### Habits

*Def.* | “A particular act or way of acting that you tend to do regularly.”  
“A habit is a particular act or way of acting that you tend to do regularly.”

**To rephrase, a habit is a formula our brain automatically follows:**

When I see \_\_\_\_\_, I will do \_\_\_\_\_  
in order to get a \_\_\_\_\_.

### Healthy Identity

**Our habits, good and bad, are the result of how we see**  
\_\_\_\_\_ – **our identity!**

\_\_\_\_\_ **sabotages our ability  
to form good habits.**

## Biblical Illustrations:

### Jeremiah

One of the prophets that spoke to the Kingdom of Judah.

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”  
*Jeremiah 1:5 (NIV)*

### John the Baptist

In Luke’s Gospel we read the following,

“... Your wife Elizabeth will bear you a son, and you are to call him John. He will be a joy and delight to you, and many will rejoice because of his birth, for he will be great in the sight of the Lord...”  
*Luke 1:13-15 (NIV)*

### Jesus

“Jesus knew that the Father had given him authority over everything and that he had come from God and would return to God.”  
*John 13:3 (NLT)*

## Making the Change

**Our \_\_\_\_\_ is to replace those things with  
God’s truth about us!**

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” *Philippians 4:6-8 (NLT)*