

Strength Not Weakness

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

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

1. Ask For Help

Asking for help is a _____ not a _____.

We all go through many challenges in our lifetime.

It’s important that we all have a _____

and that can come in the form of asking for help!

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt...”
James 1:5-6 (NIV)

Should — What does this imply? As with our identity, it is to God we go to first.

When — What is our expectation?

Why — One word... _____.

Challenge:

Ask yourself — Who will I talk to about the habits I’m trying to make or break? What will I tell them? When will I talk with them?

2. Be Kind to Yourself

Being kind to yourself helps you escape the “ _____ ”!

“I don’t mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”
Philippians 3:12-14 (NLT)

Action Required

There is no other way of saying it... we _____ fail in the areas of GOOD and BAD habits. When it does...

BE KIND TO YOURSELF.

When you _____ up... _____ up.

Opportunity Ahead

_____ isn’t final...

It is an opportunity for growth... healing...

Another chance to develop those habits we are working on.

Challenge:

This week WHEN you _____ up... Don’t _____ up... or beat yourself up... Simply _____ up... look up and fess up!