

## I & T is It!

“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!’

## Investigate & Make Changes

### Big Idea:

When \_\_\_\_\_ feel like \_\_\_\_\_ can’t change,  
\_\_\_\_\_ on God’s faithfulness!

“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” *1 Corinthians 10:13 (NLT)*

### Reflection:

Reflection gives us an \_\_\_\_\_  
to pause and look back so that we can look forward with  
greater \_\_\_\_\_ and vitality.

## Trust the God-Process

### Big Idea:

Trust God and the God-process! He is working  
something beautiful in \_\_\_\_\_ life.

“Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make. Become intimate with him in whatever you do, and he will lead you wherever you go.”  
*Proverbs 3:5-6 (TPT)*

Habits are, in fact, a God process!

\_\_\_\_\_ by Him!

God was being \_\_\_\_\_!

### Challenge:

This week as you spend time reading the bible (daily devotion, personal study, etc.) look for good habits, and  
\_\_\_\_\_ throughout.

### Next Week

Our final message in the series will be ‘Small Wins.’ Notify me through Social Media of your ‘small wins.’



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