



## Better Habits

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*My dear children, for whom I am again in the pains of childbirth until Christ is formed in you.*

**GALATIANS 4:19 (NIV)**

### Big Ideas:

**1. Humans are \_\_\_\_\_ .**

**ROMANS 7:15–20 (NIV)**

**2. Habits \_\_\_\_\_ .**

**3. Habit transformation leads to \_\_\_\_\_**

\_\_\_\_\_ .

*Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.*

**1 TIMOTHY 4:7–10 (NLT)**

# Better Habits:

1. Make it \_\_\_\_\_ .

Do what you can \_\_\_\_\_ to help you do  
\_\_\_\_\_ what you can't do today.

2. Make it \_\_\_\_\_ .

3. Make it \_\_\_\_\_ . GALATIANS 6:9-10 (NLT)

4. Make it \_\_\_\_\_ . 2 TIMOTHY 1:7 (NLT)

5. Make it \_\_\_\_\_ .



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