



“1Soon the people began to complain about their hardship, and the Lord heard everything they said. Then the Lord’s anger blazed against them, and he sent a fire to rage among them, and he destroyed some of the people in the outskirts of the camp. 2Then the people screamed to Moses for help, and when he prayed to the Lord, the fire stopped. 3After that, the area was known as Taberah (which means ‘the place of burning’), because fire from the Lord had burned among them there.

4Then the foreign rabble who were traveling with the Israelites began to crave the good things of Egypt. And the people of Israel also began to complain. ‘Oh, for some meat!’ they exclaimed. 5‘We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, leeks, onions, and garlic we wanted. 6But now our appetites are gone. All we ever see is this manna!’”

– Numbers 11:1-6

*“Destiny is not a mystery, destiny is a decision, and you are **one decision** away from a totally different life.”* Batterson (xvi)

1. First-order change: _____ = what we do
2. Second-order change: _____ = how we think

Two of the MOST POWERFUL, LIFE-CHANGING WORDS in the Bible (+60 times):

“ _____ ”

WHY HABITS?

“We gain a lot more ground if we focus on habits rather than goals and did so one day at a time. When you win today, tomorrow takes care of itself.” Batterson (xii, xix)

HABIT #1 = FLIP THE SCRIPT

“If you want to change your life, start by changing your story.” Batterson (7)

“Scripture is more than our script; it’s our script-cure.” Batterson (24)

All Scripture references are from the New Living Translation (NLT) of the Bible unless otherwise noted.

1. You have to _____ your _____

“To all who believed him and accepted him, he gave the right to become children of God.” John 1:12

“Winning the day starts with redefining who you are and, more importantly, whose you are.” Batterson (21)

- God changes your _____, which changes your _____

“Scripture confronts the false identities and false narratives perpetuated by the Father of Lies. It reveals the heavenly Father’s metanarrative and the unique role that each one of us plays in it.” Batterson (24)

2. You have to _____ your _____

“Your focus determines your reality.” Batterson

“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 4:8

“Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” Hebrews 12:1-2

3. You have to _____ your _____

“The difference between success and failure is the stories we tell ourselves. True or false, those stories become self-fulfilling prophecies. If you tell yourself the wrong story, you live a lie. If you want to change your life start by changing your story.” Batterson (8)

What stories are you telling yourself and who is telling them?

- You have to _____ who you’re listening to
- You have to _____ the lies you’re being told

“If you want God to do something new, you can’t keep doing the same old thing.” Batterson (32)