



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

STARTING
small

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PART 1: START WITH WHO, NOT DO

GOALS DON'T DETERMINE SUCCESS; SYSTEMS DO.

"You don't rise to the level of your goals; you fall to level of systems." James Clear, Atomic Habits

"We are what we repeatedly do. Excellence then, is not an act, but a habit." Aristotle

SUCCESSFUL PEOPLE DO _____ WHAT OTHERS DO _____.

"For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do... For the good that I will to do, I do not do; but the evil I will not to do, that I practice." Romans 7:15, 19

THREE REASONS WE DON'T SUCCEED:

I. WE FOCUS ON _____ BUT DON'T UNDERSTAND _____.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank." Daniel 1:8

"Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days." Daniel 6:10

It's the small things nobody sees, that lead to the big things everybody wants.

2. WE DON'T SEE RESULTS _____ ENOUGH.

WRONGLY CONCLUDE: _____ DECISIONS
DON'T MATTER THAT MUCH.

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:9

3. OUR DISTORTED _____ SABOTAGES OUR SUCCESS.

"For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me... O wretched man that I am! Who will deliver me from this body of death?" Romans 7:19-24

UNHEALTHY IDENTITY CREATES UNHEALTHY HABITS.
UNHEALTHY HABITS REINFORCE AN UNHEALTHY IDENTITY.

**BEFORE ASKING WHAT YOU WANT TO DO,
ASK WHO DO YOU WANT TO BECOME?**

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."
2 Corinthians 5:17

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PART 2: HOW TO START

**MUCH OF WHAT WE DO ISN'T THE RESULT OF CONSCIOUS DECISIONS;
BUT RATHER OF SUBCONSCIOUS HABITS.**

"We are what we repeatedly do. Excellence then, is not an act, but a habit." –Aristotle

**KEY TO STARTING NEW HABITS =
AIM _____ BUT START _____**

"Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires... See how great a forest a little fire kindles!"

–James 3:4–5

"Not by might nor by power, but by My Spirit," says the Lord of hosts. 'Who are you, O great mountain? Before Zerubbabel you shall become a plain! And he shall bring forth the capstone with shouts of 'Grace, grace to it!'" Moreover the word of the Lord came to me, saying: 'The hands of Zerubbabel have laid the foundation of this temple; his hands shall also finish it. Then you will know that the Lord of hosts has sent Me to you. For who has despised the day of small things?' –Zechariah 4:6–10

**NEVER UNDERESTIMATE WHAT GOD CAN
DO THROUGH _____.**

BASED ON WHO YOU WANT TO BE, WHAT ONE HABIT DO YOU NEED TO START?

- 1) MAKE IT _____
- 2) MAKE IT _____



AFTER _____ , I WILL _____ , IN ORDER TO BECOME _____ .

"He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Therefore if you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches?" -Luke 16:10-11

"Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord." -Matthew 25:21

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." -Galatians 6:9

WHAT SMALL THING DOES GOD WANT ME TO DO TODAY SO THAT HE CAN DO SOMETHING BIG TOMORROW?

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PART 3: HOW TO STOP

Successful people do CONSISTENTLY what others do OCCASIONALLY.

"Catch us the foxes, the little foxes that spoil the vines."
-Songs 2:15

"One day Samson went to Gaza, where he saw a prostitute. He went in to spend the night with her." -Judges 16:1

56,250 steps

**BASED ON WHO YOU WANT TO BECOME,
WHAT HABIT DO YOU NEED TO _____?**

"Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience... But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him," -Colossians 3:5-10

BREAKING A BAD HABIT: MAKE IT

&

"Do not enter the path of the wicked, and do not walk in the way of evil. Avoid it, do not travel on it; turn away from it and pass on." -Proverbs 4:14-15

THE TRIGGER, THE ACTION

FIVE MAJOR TRIGGERS:

1. PLACE
2. TIME
3. MOOD
4. MOMENTS
5. _____



"He who walks with wise men will be wise, but the companion of fools will be destroyed." -Proverbs 13:20

"Do not be deceived: 'Evil company corrupts good habits.'" -1 Corinthians 15:33

"Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." -1 Corinthians 10:12-13

"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." -Galatians 6:7-9

EVERY DECISION IS A SMALL STEP TOWARDS SOMETHING.

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PART 4: MAKING IT STICK

Successful people do **CONSISTENTLY** what others do **OCCASIONALLY**.

Based on who you want to be, what habit do you need to **START/STOP**?

"For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do." -Romans 7:15

THE KEY TO LASTING CHANGE:

short-term _____ + long-term _____

"For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." -Romans 10:10

1) IDENTIFY NEW _____ TO SAME _____

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

-1 Corinthians 10:13

"The purpose in a man's heart is like deep water, but a man of understanding will draw it out."

-Proverbs 20:5

2) BELIEVE MOUNTAIN-SIZED _____ COME FROM MUSTARD-SIZED _____

"Assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you." -Matthew 17:20

"For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power." -Colossians 2:9-10

"Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient." -James 5:7-8

"How then can I do this great wickedness, and sin against God?"
-Genesis 39:9

*Do you believe that God can use a small habit
to make big change?*

BELIEVING DOESN'T GUARANTEE _____.

BUT NOT BELIEVING GUARANTEES _____.

"Now He did not do many mighty works there
because of their unbelief." Matthew 13:58