

Eat the Frog Matthew 12:43-45

1 Corinthians 2:9

Your **size** does not keep you from accomplishing bigger things.

Most of what we do is **habitual**.

Ephesians 4:21-24

We must carefully **structure** our daily habits to live fruitful and rewarding lives.

Steps to Forming Positive Habits:

1. **Measurable**: you have to be able to measure how you can achieve your goal.
2. **Meaningful**: what matters most to you in your life?
3. **Maintainable**: You have to be able to do it first for a day, and then repeat it again day after day.

Matthew 12:43-45

The best way to break a bad habit is by establishing a **good** habit.

Romans 12:21, Romans 8:18, Matthew 5:43-44, Deuteronomy 6:4-9



“Leading people to become believers and passionate followers of Jesus Christ.”