

Galations 5:16-17, HCSB

I say then, walk by the Spirit and you will not carry out the desire of the flesh. For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want.

- Spend 5 minutes daily (at least) meditating on this passage.
- A question to consider, "Do I want to be successful with God's ambitious plans for my life enough to resist my natural desires and begin moving toward doing the things He desires?"
- Pray that God would reveal to you what unhealthy habits he wants you to get back in balance? Confess those unhealthy habits to God and pray for grace to make incremental changes day by day.

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6. Overload

Reach positive goals and replace bad habits with small but increasingly beneficial changes. Never crash-change.

7. Prioritize Paradoxically

Prioritize by asking, "What do I not want to do today that I know I really ought to do?" Make the answer to that question my priority.



Caffeinated Questions:

What habits in my life may be standing in the way of my goals? How could I apply Overload to get those habits back in proper boundaries?

What do I not want to do today, that I know I really ought to do?
Practice making that answer my priority each day.

Come prepared to share a focused next step you took the previous week and a short term win (clarifying moment).

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