



CUE WHAT YOU DO | WEEK 3

PASTOR DANNY ANDERSON

Better to be patient than powerful; better to have **self-control** than to conquer a city. *Proverbs 16:32*

A lack of self-control makes us **vulnerable** to all kinds of **problems**.

"Educate your children to self-control, to the habit of holding passion and prejudice and evil tendencies subject to an upright and reasoning will, and you have done much to abolish misery from their future and crimes from society." – Benjamin Franklin

Then he and Aaron summoned the people to come and gather at the rock. "Listen, you **rebels!**" he **shouted**. "Must we bring you water from this rock?" Then Moses raised his hand and **struck** the rock twice with the staff, and water gushed out. *Numbers 20:10-11*

But the Lord said to Moses and Aaron, "Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will **not lead** them into the land I am giving them!" *Numbers 20:12*

Self-control is built through habit .

"A habit is a behavior that starts as a choice and then becomes a nearly unconscious pattern." – Charles Duhigg

"A habit is a behavior that has been repeated enough times to become automatic." – James Clear

 God made you to be a creature of habit.

"Your brain is constantly seeking to turn behaviors into habits to save effort." – Drew Dyck

We tend to rely on willpower .

"Willpower isn't just a skill. It's a muscle, like the muscles in your arms or legs, and it gets tired as it works harder, so there's less power left over for other things." – Charles Duhigg

When it comes to self-control, habit is 10x stronger than willpower.

How do we create habits?

1. Understand how habits work .
2. Start with a keystone habit.

"Keystone habits start a process that, over time, transforms everything."
Charles Duhigg

3. Put in the time .

1. Where do you lack self-control?
2. What habit would help you gain victory in that area?



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