



ATOMIC HABITS

LITTLE CHANGES, BIG IMPACT

Killing a Bad Habit

Ben Davis

Romans 7:15, 19 "I don't really understand myself, for I want to do what is right, but I don't do it. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway."

Matthew 6:22-23 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness."

Proverbs 13:20 "Walk with the wise and become wise; associate with fools and get in trouble."

Romans 7:24 "Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord."

2 Corinthians 5:17 "...anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"