

**Pre-Decide**  
*Better Choices, Better Life*  
**The Power of Consistency**  
Romans 7:15,18,19

**I. Review**

**II. Key**

- A. Successful people do consistently what other people do occasionally
- B. Daniel - one of most consistent people in bible

**III. How do we grow in consistency?**

- A. Start with the “why”
  - 1. Daniel
    - a) Outward show or inward devotion?
    - b) Desire or devotion?
    - c) In order to improve any area of your life you need a solid why
- B. Plan to fail
  - 1. Realistically: Did Daniel ever fail?
  - 2. Problem: “all or nothing” mindset
  - 3. Goal: consistency not perfection
- C. Fall in love with the process
  - 1. God works in the process not in the end goal
  - 2. Success is in honoring God today, not in achieving the end goal
  - 3. Loving the process leads to better consistency

**IV. Takeaway:**

\*If honoring God and receiving His blessings is my goal, then it begins with daily consistency in my spiritual disciplines