

ATOMIC HABITS | WEEK 1 | WHO BEFORE DO

READ Luke 22

In this chapter, Jesus does something fascinating with Peter. Right before their world starts to turn apart and Jesus is betrayed by Judas and crucified, Jesus pulls Peter aside and says something unexpected. He doesn't warn him to be stronger about what to do. He doesn't give him a checklist. He doesn't say, *"Don't mess this up."*

Instead, Jesus speaks past Peter's coming failure and into Peter's future:

"I have prayed for you... and **when you turn back, strengthen your brothers.**"

Catch that.

Peter hasn't denied Jesus yet but Jesus already knows he will. And still, Jesus talks to Peter like a leader, a restorer, someone who will encourage those around him.

Jesus names who Peter is, not what Peter is about to do.

And then Peter fails. Spectacularly. Three denials. Shame. Regret. That awful moment where you replay the conversation and realize, *He knew. And I still did it.*

But Peter doesn't disappear. He comes back. Why? Because Jesus had already anchored his identity somewhere deeper than his behavior. This wasn't new. Back in **John 1**, the very first time Jesus met Peter, He said, "You are Simon... **you will be called Peter.**"

Translation: This is who you are right now, but it's not who you're becoming. That's how Jesus forms people. Not with pressure, performance, or shame. But by reminding you and I, WHO we are.

He speaks our identity ahead of **evidence** of it.

Here's the connection we can't miss: Most of us try to change by fixing behavior. Jesus starts by naming identity. Think about it, our faith is demonstrated not by good works but by the FRUIT of what we believe about who Jesus is and who WE are in Him.

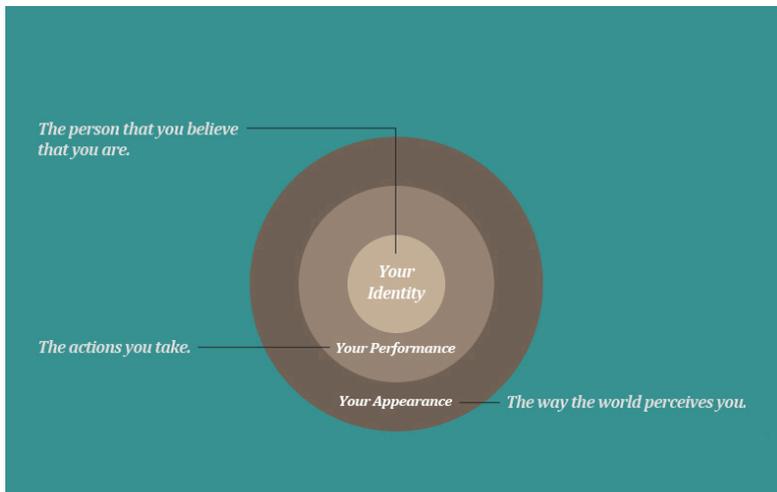
God created us so uniquely. Your brain is constantly asking one question:

"Is this who I am?" If a behavior **matches your identity**, your brain reinforces it. If it **conflicts with your identity**, your brain resists it. This is why willpower and motivation emotions fade - but shifting your beliefs about WHO you are sticks.

And when our identity is clear, our thoughts and habits shift.

So the question for this week isn't, *"What do I need to do better?"*

Its: Who has Jesus already said you are?



So Who Does God Say You Are?

“You are a chosen people, a royal priesthood, a holy nation, God’s special possession...”

1 Peter 2:9

ACTION STEP

Write Down one Identity and one HABIT that matches that identity:

Examples:

- “I am a person who seeks God” → Pray 30 seconds before I touch my phone.
- “I am a healthy person” → Walk 5 minutes after dinner.
- “I am a person of Scripture” → Read 1 verse every morning.
- “I am a loving husband/wife” → Send 1 encouraging text a day.

IDENTITY STATEMENT: _____

HABIT: _____