**THIS OR THAT**

**PART 5: BUILDING HEALTHY HABITS**

**PERSONAL NOTES**

OPEN

1. Welcome everyone!
2. Today I want to pick up from where we left off from last week in part 4: Birth of a habit.
3. How many of you identified some habits?
4. Started some brand new habits?
5. Remaking some bad ones?
6. We are just 33 DAYS – from January 1st!!!

* Plenty of time to institute the new habits to kick off the new year.

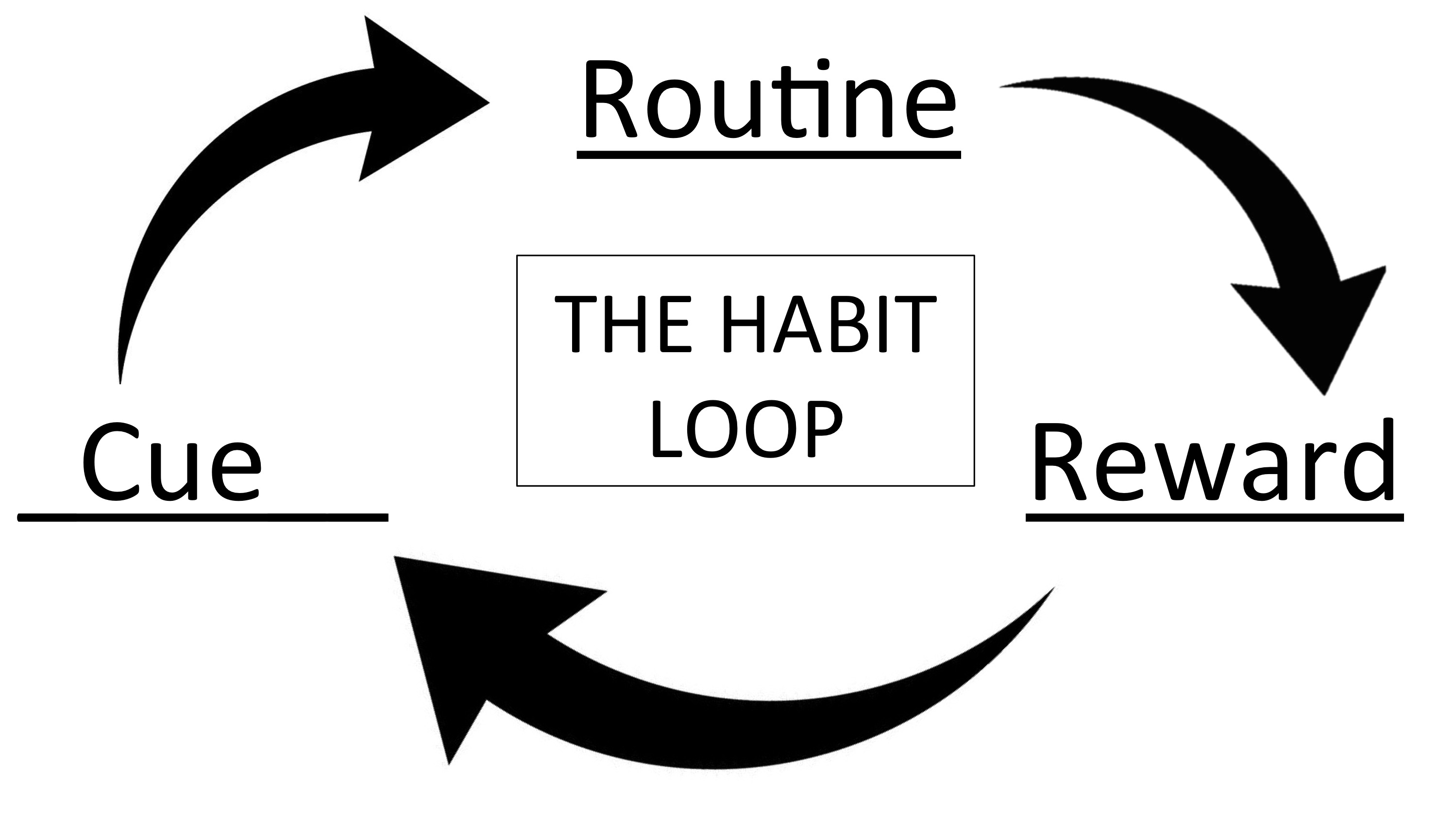
1. Encourage you to watch the entire sermon.
2. In your notes is a brief review

REVIEW FROM PART 4: BIRTH OF A HABIT

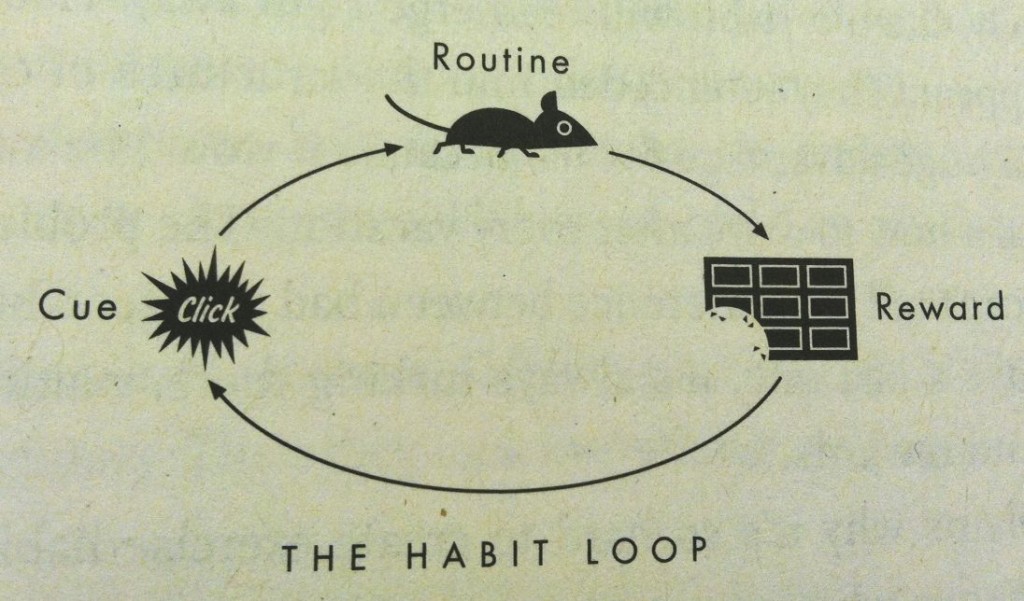
**Hebrews 12:1-2a**

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith.

1. We talked about going on a sin diet. Breaking the bad habits and things that hinder us in our faith
2. Habits are a part of God’s design
3. They can work for you or against you.
4. We talked about the HABIT LOOP (On Screen)



1. Remember the rat?



QUICK REVIEW - CHANGING A HABIT

KEYSTONE HABITS

1. Keystone Habits: Have the power to start a chain reaction and cause other habits to also shift and change.
2. A habit that triggers a series of related or in some cases unrelated behaviors
3. Trickles down and impacts other behaviors.

* KEYSTONE HABIT - Exercise

1. People who start habitually exercising start eating better and becoming more productive at work.
2. Working out just a couple times a week – even once a week.
3. Don’t worry about length of time – freed me up – just 20 minutes a day WILL make a difference!

RESULTS:

1. They smoke less and show more patience with colleagues and family.
2. They use their credit cards less frequently and say they feel less stressed.
3. In one study group they found that 92% of people said they habitually exercised because it made them “feel good.”
4. In another group 67% said it gave them a sense of accomplishment.
5. Keystone Habits: Build discipline and self control which spills over into other areas of life unknowingly.
6. “As people strengthened their willpower muscles in one part of their lives—in the gym, or a money management program—that strength spilled over into what they ate or how hard they worked.
7. Once willpower became stronger, it touched everything.”
8. Discipline carries over / it becomes contagious

* KEYSTONE HABIT - Making Your Bed

1. Making your bed every morning is correlated with better productivity, a greater sense of well-being, and stronger skills at sticking with a budget!
2. Those initial shifts start a chain reaction that helps other good habits take hold.
3. Keystone Habits: Convince people that larger accomplishments are achievable as they achieve small wins.
4. Small wins fuel transformation into patterns that convince people that bigger achievements are within reach.
5. EX: Dave Ramsey – pay off the smallest bill, credit card, or debt first!
6. WHY? It creates momentum!!

* KEYSTONE HABIT - Money Management

1. Participants were asked to keep a detailed log of everything they bought.
2. Their finances improved, they also smoked fewer cigarettes and drank less alcohol and caffeine – on average, two fewer cups of coffee, two fewer beers, and among smokers, 15 fewer cigarettes each day.
3. They ate less junk food and were more productive at work and school.
4. As people strengthened their willpower muscles in one part of their lives, that strength spilled over into what they ate or how hard they worked.
5. Keystone Habits: Create a culture that impacts every area of our life.

* KEYSTONE HABIT – (Natural) Family Dinners
* Families who habitually eat dinner together seem to raise children with better homework skills, higher grades, greater emotional control, and more confidence.

BUT HERE IS WHERE ALL OF THIS IS LEADING TO -

* KEYSTONE HABIT: (Supernatural) Reading your Bible.

1. The number one challenge for Christians today is to seek God through His written Word.
2. Giving the WORD a predominance in your life will effect you spiritually, emotionally, mentally, relationships, marriages, parenting, career, finances, health.
3. WATCH: Don’t try to STOP sinning --- START living in God’s Word and you won’t have the desire to sin!

Now let’s combine the past few weeks of teaching!

**Romans 12:2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

**Romans 8:5-8** Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

**Luke 6:45** A good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. NIV

**Psalms 1:1-3 Blessed** is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2 But his delight is in the law of the LORD, and on his law he meditates day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does Prospers. NIV

Meditate – GREEK: “to revolve in our mind”

* plays over and over.
* Like an instant replay,

CLOSING SCRIPTURE:

**2 Corinthians 10:3-5 For** though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

* Strongholds – The habits and fortresses, that have held you in bondage – don’t have a chance!!
* Have you ever watched the videos of a building being demolished?

5 We demolish arguments (reasoning’s and imagination) and every pretension (high things) that sets itself up (exalts) against the knowledge of God,

* “Against” – GREEK - hostile word – refers to something lower trying to take something that is higher and bring the higher down and the lower up
* Isaiah 14:13 (talking about Lucifer) You said in your heart, “I will ascend to the heavens; I will raise my throne above the stars of God;

and we take captive every thought to make it obedient to Christ. (NIV)

* “Captive” - GREEK - As in taking a prisoner of war
* “Obedient” – GREEK - compliance, the obedience of a slave to the master
* EVERY THOUGHT MUST BOW AND KNEEL TO THE NAME AND AUTHORITY OF Jesus CHRIST IN OUR LIVES!
* Allow God’s Word to renew your mind, override bad habits, inspire new ones, and radically change the culture of your life for Jesus Christ!!!

KEYSTONE HABIT FOR RFC MEMBERS: INVITING UN-CHURCHED PEOPLE TO CHURCH

What habit would impact our overall vision and mission??

MISSION: To introduce people to the **LOVE** of Jesus Christ, bring **LIFE** to their family relationships, teach them the **LIBERTY** of a committed life and walk with God and to create a **LEGACY** of hope for generations to come.

**Cue:** Who to invite? The Three “Nots”

* “It’s NOT going well.”
* “I’m NOT prepared for that.”
* “I’m NOT from here.”

**Routine:** “Hey come to church with me this Sunday!” Give them an INVITE Card to Rock.

**Reward:** We have the opportunity to share Christ, see more people saved, grow the Body of Christ, build the Kingdom of God, and be strengthened as a church.

CLOSE - CREATING SPIRITUAL HABITS

1. Have a conversation with God on a daily basis.

* Talk to him like you would a friend.

1. Prayer over your family every day.
2. Set aside a time every day to read your Bible.
3. When you see or hear of an accident; pray!
4. Come to church EVERY Sunday. Make it a habit that is greater than sleep, football, or going to the lake or mountains.

* It becomes a habit! It is not a question or debate. There are those of you here and you have no idea why you showed up today??

1. Pray for our city, our church family, and staff.
2. To quickly forgive and forget

POSSIBLE HABITS

Physical:

* Exercising 20 - 30 minutes a day
* Consuming water, Stop drinking sodas and energy drinks

Dietary:

* Eating a healthy breakfast

Relational

* Kissing your spouse every time you leave and return.
* Praying over each other daily
* Smile and great everyone you come in contact with.
* Blessing someone when they offend you
* No longer yelling at the kids. Speak at a conversation level.

Life

* Driving the speed limit
* Being early to every event, meeting, and gathering.
* Praying when you see or hear of an accident. Your prayers count!!! MN story of woman who prayed