

THIS THAT

PART 5: BUILDING HEALTHY HABITS

SUNDAY, NOVEMBER 29, 2015

Hebrews 12:1-2 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.

CHANGING A HABIT

1. Identify the bad habit.
2. Identify the cues and rewards of the habit.
3. Find a replacement behavior and routine.
4. Repetition is vital.
5. Associate with people of like habits.

1 Peter 1:13 So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. (NLT)

KEYSTONE HABITS

1. Keystone Habits: Have the power to start a _____ and cause other habits to also shift and change.

❖ KEYSTONE HABIT – Exercise

2. Keystone Habits: Build _____ and self-control which spills over into other areas of life unknowingly.

❖ KEYSTONE HABIT - Making Your Bed

3. Keystone Habits: Convince people that larger accomplishments are achievable as they achieve _____ wins.

❖ KEYSTONE HABIT - Money Management

4. Keystone Habits: Create a _____ that impacts every area of our life.

❖ KEYSTONE HABIT - Family Dinners

❖ KEYSTONE HABIT - Reading Your Bible

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 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.

Psalms 1:1-3 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither — whatever they do prosper.

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. 5 We demolish

arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

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

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.

FAMILY DISCUSSION QUESTIONS

1. Which of the keystone habits are you willing to initiate this week?
2. Are there any habits you currently do that seem to influence you in other areas of your life and could possibly be a keystone habit?
3. Choose a book or passage from the New Testament that you as a family will read this week. Plan a time later in the week to discuss what you learned while reading the Bible.
4. Talk about making church attendance a weekly habit. What “routines” get in the way of it being a reality each week?