

START SOMETHING... ANYTHING

TOM LUNDEEN, SENIOR PASTOR
WEEK FOUR - SEPTEMBER 29, 2019

_____ matter so much because people who are effective do consistently what other people do occasionally at best.

Our _____ is basically a composite of our habits. (Covey)

_____ % of what we do every day is not the result of conscious choices, but the result of daily habits (Duke University study).

The reality is our life is the sum total of all the _____ decisions that we make.

1. Goals Don't Determine Success; _____ Do

You don't _____ to the level of your goals, you _____ to the level of your systems. (Clear)

Note Daniel 1:3, 4a, 17, 19-20

Note Daniel 6:1, 3-10

Never underestimate what God can do (something incredible, beautiful, and _____) through something that started with one small act of obedience/habit.

2. How We Can Create a _____ Habit

We all already have s _____ (either intentionally or by d _____).

What new habit, based on who God wants you to _____, do you need to create?

A. Make it _____ - we need to change what we _____...

B. Make it _____ - do something; start _____...

What kind of “creature of habit” does God want to shape my life into?:

- We all have many similar goals, but we have _____ different results.
- Our problems are not a lack of _____ or making goals...
- ...it's establishing _____ habits and positive systems.
- Goals are important (they set d _____)...
- ...but systems are best at making p _____.
- ...the only _____ goal that ever really matters is if I become more like Jesus.
- I'm successful because I h _____ God today (note Matthew 25:21; Zechariah 4:10a).
- What new habit, based on who God wants you to become, do you need to create?
- What can you do to make it obvious?
- What can you do to make it easier?



Start a good habit!

Read the Bible 5 minutes a day
or other Bible reading plans at

MyRiversideChurch.com/BibleReadingTools

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!

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WEEK FOUR - SEPTEMBER 29, 2019

Habits matter so much because people who are effective do consistently what other people do occasionally at best.

Our character is basically a composite of our habits. (Covey)
40% of what we do every day is not the result of conscious choices, but the result of daily habits (Duke University study).

The reality is our life is the sum total of all the small decisions that we make.

1. Goals Don't Determine Success; Systems Do

You don't rise to the level of your goals,
you fall to the level of your systems. (Clear)

Note Daniel 1:3, 4a, 17, 19-20

Note Daniel 6:1, 3-10

Never underestimate what God can do (something incredible, beautiful, and powerful) through something that started with one small act of obedience/habit.

2. How We Can Create a New Habit

We all already have systems (either intentionally or by default ...).

What new habit, based on who God wants you to become, do you need to create?

A. Make it obvious - we need to change what we see...

B. Make it easier - do something;
start small...

What kind of “creature of habit” does God want to shape my life into?:

- We all have many similar goals, but we have incredibly different results.
- Our problems are not a lack of motivation or making goals...
- ...it's establishing healthy habits and positive systems.
- Goals are important (they set direction)...
- ...but systems are best at making progress.
- ...the only end goal that ever really matters is if I become more like Jesus.
- I'm successful because I honored God today (note Matthew 25:21; Zechariah 4:10a).
- What new habit, based on who God wants you to become, do you need to create?
- What can you do to make it obvious?
- What can you do to make it easier?



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WEEK FOUR **DISCUSSION GUIDE**

START SOMETHING... **ANYTHING**

WEEK OF SEPTEMBER 29, 2019

Week Four has arrived! Hard to believe we're half-way there when we wrap up this week—wow! This week we'll be learning that positive systems allow our habits to truly shape us and enable us see incredibly different results. By establishing the right systems, we will see progress! Let's look at things together as a group and help each other fine tune (or maybe even overhaul) our systems to form new habits.

DISCUSSION GUIDE



Icebreakers: Would you rather be in a crowd or by yourself and why?

Where did you attend High School and why was your mascot the best (or worst)?

Would you rather travel on interstate highways or back roads and why?

Watch this week's intro video before answering the questions below. You can find the video at myrc.link/SGvideos or use this QR Code:



- 1** What are some habits that are shaping your life into what it will look like 5 years from now? Did you choose them, or did they choose you?
- 2** What steps did you take from the Message or Journey Guide in the last week to create consistent, character shaping habits?
- 3** Pastor Tom said that "Goals don't determine success; Systems do." and followed up with "You don't rise to the level of your goals, you fall to the level of your systems." (Clear) How have you seen these things happen in your life?
- 4** Read Daniel 1:8-20. What goal did Daniel and his friends have? How did they ensure they reached that goal? What is one small step of obedience that you can take to move toward a larger goal in your life?
- 5** Pastor Tom said "Goals are important (they set direction) but systems are best at making progress. Are you at the goal setting or system creating stage? What's one small step you can take to move from goals to systems?
- 6** Read John 15:4-5. "The only end goal that ever really matters is if I become more like Jesus." Perhaps your goal should be to stay more connected to Jesus throughout your week. What system do you need to put in place to become more like Jesus this week?