

NOT EXPECTING PERFECTION

TOM LUNDEEN, SENIOR PASTOR

WEEK FIVE - OCTOBER 6, 2019

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

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

There's not a "one-size-fits-all" answer for making and breaking habits, but there are some _____ that are true for all of us.

So how do I start developing good habits?

(note Proverbs 22:4)

We need h _____...

...h _____

...and embrace _____ from God and others...

1. Healthy _____

Many bad habits are a part of our lives in order to either cover something up or _____ with something unhealthy in our identity.

Breaking bad habits and establishing healthy habits usually means we have to be open and honest about whatever pain, confusion, or anger...our habit(s) is trying to solve or _____.

2. Ask For _____

We have no problem being stuck in our bad habits by _____...

3. Let God's _____ Be the Power For This Process

...it's easy to believe _____...

Tell yourself the _____ (note John 8:32).

The person who lies to me the most is _____!

Note Psalm 25:5; 43:3a; 119:123; Philippians 4:8

These struggles are also opportunities for us to grow, heal, and strengthen a good daily habit that will be more _____

_____ no matter what our circumstances are
(note James 1:2-4).

4. T _____

Good daily habits aren't a r_____ for God's life and power—they e_____ because of His life and power.

Note Galatians 3:2-3; I Corinthians 1:8; Philippians 1:6

5. _____ Daily Wins

Small disciplines done _____ lead to big results over time. (Groeschel)

_____ spiritual growth is almost always a process of next steps (note II Peter 1:5-8).

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

- God isn't expecting us to be _____...
- But He does want us to persevere (note Romans 5:4).
- So what _____ next step is God encouraging you to make?
- Get enough sleep nightly...
- ...wake up early enough to _____ do morning routine...
- ...spend time daily with God (become a self-_____ follower of Jesus)...

- **THE BIG3**
 -  **COME EVERY SUNDAY**
 -  **BE PART OF A GROUP**
 -  **SERVE OTHERS**

- ...tell your spouse as much as possible daily that you love them...
- ...eat a meal as a family at least _____ a week...
- ...turn off your phone _____ minutes a day, or keep it in your purse/pocket when you're talking to a real person...
- ...or perhaps your next step is to invite God into your life...say YES to Jesus as Lord.

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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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)

There's not a "one-size-fits-all" answer for making and breaking habits, but there are some principles that are true for all of us.

So how do I start developing good habits?

(note Proverbs 22:4)

We need humility...

...honesty

...and embrace help from God and others...

1. Healthy Identity

Many bad habits are a part of our lives in order to either cover something up or cope with something unhealthy in our identity.

Breaking bad habits and establishing healthy habits usually means we have to be open and honest about whatever pain, confusion, or anger...our habit(s) is trying to solve or soothe.

2. Ask For Help

We have no problem being stuck in our bad habits by ourselves...

3. Let God's Grace Be the Power For This Process

...it's easy to believe lies...

Tell yourself the truth (note John 8:32).

The person who lies to me the most is me!

Note Psalm 25:5; 43:3a; 119:123; Philippians 4:8

These struggles are also opportunities for us to grow, heal, and strengthen a good daily habit that will be more resilient no matter what our circumstances are (note James 1:2-4).

4. Trust

Good daily habits aren't a replacement for God's life and power—they exist because of His life and power.

Note Galatians 3:2-3; I Corinthians 1:8; Philipians 1:6

5. Modest Daily Wins

Small disciplines done consistently lead to big results over time. (Groeschel)

Genuine spiritual growth is almost always a process of next steps (note II Peter 1:5-8).

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

- God isn't expecting us to be perfect...
- But He does want us to persevere (note Romans 5:4).
- So what small next step is God encouraging you to make?
- Get enough sleep nightly...
- ...wake up early enough to calmly do morning routine...
- ...spend time daily with God (become a self-feeding follower of Jesus)...

• **THE
BIG3**



COME EVERY SUNDAY



BE PART OF A GROUP



SERVE OTHERS

- ...tell your spouse as much as possible daily that you love them...
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WEEK FIVE **DISCUSSION GUIDE**

NOT EXPECTING PERFECTION

WEEK OF OCTOBER 6, 2019

Today is the beginning of Week Five – wow! Time sure does move quickly, especially during an all church spiritual journey!

This week we'll be taking a quick look back on what we're learning about our identity in Christ as well as looking forward. What does your small step look like to either stop a bad habit or start a new one? And how can you not be too hard on yourself when things don't progress as you had hoped? Let's continue to support one another as we take our next steps forward.

DISCUSSION GUIDE



Icebreakers: When you think of comfort food, what does that look/taste/smell like?

Where do you believe all the missing electronic chargers from your home and car have really disappeared to?

What has been the favorite vehicle that you've owned, 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** As we enter the second half of our All Church Spiritual Journey, what has God brought to your attention over the first half that has had the most impact on your daily habits? Read Galatians 6:9 as an encouragement to keep going.
- 2** How has this Journey helped you stop and think about what you've been doing, without thinking, for some time? How will you make that a habit which continues?
- 3** Pastor Tom said that to start developing healthy habits, we need humility, honesty and to embrace help from God and others. Which of those three resonate the most with you? What steps could you take to embrace them?
- 4** What have you discovered about your identity that you're working on and can share with your group?
- 5** Have you asked God and others for help working through these issues? How have you resisted the temptation to be isolated in your bad habits?
- 6** Read Psalm 25:5. How are you trusting God to lead you into victory over bad habits and success in creating good habits? Read Galatians 3:2-3. How do we balance our effort with God's power?
- 7** Read Psalm 43:3 and Psalm 119:105. How are your habits around reading your Bible helping you take good steps?
- 8** What are some Modest Daily Wins that you've experienced since the Journey began that we can celebrate together? How can we encourage each other to keep building on those wins?