

## The Beginning of a New Year and a New Decade Where is your life going?

### 2020 – Finding a life path of HOPE in a New Year and a New Decade.

- Romans 15:13
  - “Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.”
- Do you want God’s offer of hope? Do you want God’s offer of empowering your life with His Holy Spirit?

### 3-Week Sermon Series Overview:

Week 1 – Hope: Finding meaning and developing your Life Mission

- Developing Small, Consequential habits that create momentum to win **AT** life and **IN** life

Week 2 – Love: God created you for love

- God’s purpose is love: it is proven by adopting you, into his loving family, to be a part of His mission.

Week 3 – Perseverance: **Overcoming the obstacles you will face pursuing your Life Mission**

### Perseverance > Endurance

**Perseverance Definition:** persistence in doing something despite difficulty or delay in achieving success.

**Perseverance is** ... being proactive in life, persisting toward a goal.

**Endurance is** ... reacting with faith in trials and holding on.

### James 1:2-4 – Endurance is gained when we respond to trials in life

<sup>2</sup> Consider it all joy, my brethren, when you encounter various trials,

<sup>3</sup> knowing that the testing of your faith produces endurance.

<sup>4</sup> And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.”

### Three Big Hurdles in Life to Overcome

- We want everything to go our way.
- We want God to conform to us.
- The world is full of varying degrees of pain, suffering and evil.

### 1 Corinthians 9:24-25 – Persistence is gained when we focus on the purpose God has for our lives.

<sup>24</sup> “Do you not know that those who run in a race all run, but *only* one receives the prize?

Run in such a way that you may win.<sup>25</sup> Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we an imperishable.”

**Mark 8:15** “But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and hold it fast, and bear fruit with perseverance.”

The path to winning in the faith, in life, in anything, is paved by persistently developing and adopting small, repeatable habits that enable life change. (Mark 8:15)

### 2 Peter 2:1-3, 19

<sup>1</sup>But there were also false prophets in Israel, just as there will be false teachers among you. They will cleverly teach destructive heresies and even deny the Master who bought them. In this way, they will bring sudden destruction on themselves. <sup>2</sup> Many will follow their evil teaching and shameful immorality. And because of these teachers, the way of truth will be slandered. <sup>3</sup> In their greed they will make up clever lies to get hold of your money. But God condemned them long ago, and their destruction will not be delayed ... <sup>19</sup>They promise freedom, but they themselves are slaves of sin and corruption. For you are a slave to whatever controls you.”

### Where to Start – Good Habits overcome lots of life’s obstacles

Samuel Smiles, a Scottish author *argued that more progress would come from new attitudes than from new laws.*<sup>1</sup>

“Sow a thought, and you reap an act; Sow an act, and you reap a habit;

Sow a habit, and you reap a character; Sow a character, and you reap a destiny.”

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<sup>1</sup> Samuel Smiles, *Happy Homes and the Hearts That Make Them* (Whitefish, Montana, Kessinger Publishing 1882/2012).

The Beginning of a New Year and a New Decade  
**Where is your life going?**

**Small, repeatable Habits are the vehicles that take us to blessed places.**  
**Goals motivate us – Systems change our lives**

Goal Habit	Get Proper Rest <sup>2</sup> <b>Become an early riser</b>	Become Physically Healthier <b>Sustainable, regular exercise</b>	Get to know Jesus <b>Sustainable, regular walk with God</b>
Phase 1	Be home by 10PM every night	Change into workout clothes	Read the Lord's Prayer Matt 6:9-13
Phase 2	Have all devices turned off by 10PM every night	Step out of the front door	Pray the Lord's Prayer Matt 6:9-13
Phase 3	Be in bed by 10PM every night (reading a book, talking with your spouse, etc.)	Drive to the gym, <i>go inside*</i> , exercise for 5 minutes, leave.	Pray the Lord's Prayer expanding upon the first line Matthew 6:9-13
Phase 4	Lights off by 10PM every night	Exercise for 15 minutes at least once per week.	Pray the Lord's Prayer Pausing after each segment
Phase 5	Wake up every morning by 6AM	Exercise for 15 minutes three times per week.	Pray the Lord's Prayer Including those blessings for others

\*You do actually have to go inside.

**The mistake we make with goals/resolutions**

- We all want the outcome(s), but focusing on the outcome isn't enough because by itself, it doesn't effectuate positive life change.
- Goals can sometimes be a great motivator for life change, but alone, they don't effectuate change.
- We all want great outcomes (goals); to get there we need to focus on life-changing, small habits (systems).

**Some pointers about Habits**

- *Make the Habit SIMPLE*
- *Make the Habit REPEATABLE*
- *Make the Habit PUBLIC – Tell someone*
- *Make the Habit PERSISTANT – Keep doing it over and over and over and over again*

**Practical and Applicable**

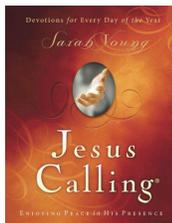
**First Fruits – The One Simple Habit that will change your life dramatically. (Exodus 23:16)**

*"you shall observe the Feast of the Harvest of the first fruits of your labors from what you sow in the field;"*

**Simple Habits – Where to begin developing, adopting and persistently sticking to small life changing habits.**

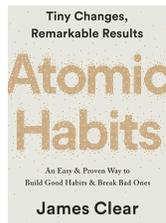
- Prayer – Pray the Lord's prayer as it was intended to be prayed.
- Forgiveness – Begin by praying to release people to God.
- Physical life – Go to bed earlier; stop wasting your best hours of rejuvenation on meaningless things.
- Financial Life – Learn and apply the 10-10-80 rule of finances.

Who



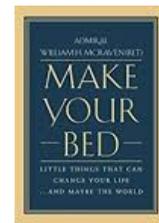
Jesus Calling by Sarah Young

How



Atomic Habits by James Clear

How



Make Your Bed by Admiral William McRaven

<sup>2</sup> James Clear, *Atomic Habits* (New York, Avery, 2003), 166.