

DO IT How to Make or Break FOR Any Habit in 30 Days A DAY

---Message Notes

Do It For A Day: Domino Habits

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Speaker: Dr. Mark Batterson

[Domino Chain Reaction - Lorne Whitehead](#)

Every DECISION you make, every ACTION you take, has a DOMINO CHAIN REACTION. A 2-inch domino may seem insignificant, but extrapolated across weeks and months and years, it has an exponential effect.

If you do LITTLE THINGS like their big things, God has a way of doing BIG THINGS like they're little things.

[Do It For A Day](#) - By Dr. Mark Batterson

[Exodus 14](#)

Show me your habits and I will show you your future.

FAITH is taking the FIRST STEP before God reveals the SECOND STEP. Sometimes FAITH is taking the FIRST STEP even when you can't see the other side!

Nahshon is King David's great-great-great-grandfather

According to Rabbinic tradition, Nahshon WADES INTO THE WATER until he's neck-deep, right up to his nostrils. That's when and where and how God makes a SIDEWALK THROUGH THE SEA. Nahshon is credited with saving the nation of Israel by that one act of courage.

The sea saw him and fled - [Psalm 114:3](#)

Live your life in a way that is WORTH TELLING STORIES ABOUT. If you do, it'll have a domino chain reaction to the third and fourth generation.

Wade into the Water

If you want God to make a sidewalk through the sea you've got to wade into the water.

Challenge: PICK A HABIT, any habit. visit [NCC.RE/DOMINO](#)

The domino represents a daily habit.

Then you have to 3M it: make it **Measurable, Meaningful, and Maintainable**.

A goal without a deadline is called a WISH.

Even if you get a prophetic word, you still have to turn it into daily habits.

Even if God miraculously delivers you from something you still have to cultivate those daily habits that will sustain the deliverance.

Three Building Blocks:

1. All of us are CREATURES OF HABIT
2. HABIT FORMATION is SPIRITUAL FORMATION
3. The HOLY SPIRIT is key when it comes to habits

1. Creature of Habit

HEURISTIC BIAS is the tendency to do things the way we've always done them.

When something becomes second nature, we rarely give it a SECOND THOUGHT. That's when and where and why we need to deconstruct and reconstruct our DAILY HABITS.

[Romans 7:15](#)

[Romans 7:20](#)

[Galatians 5:17](#)

Are you FEEDING the FLESH and STARVING the SPIRIT? Or are you FEEDING the SPIRIT and STARVING the FLESH?

[II Peter 2:12](#)

Habit Formation is Spiritual Formation

Theologian Cornelius Platinga said it this way:

SOW a THOUGHT, REAP a DEED.

SOW a DEED, REAP a HABIT.

SOW a HABIT, REAP a CHARACTER.

[John 8:36](#)

Six antithesis: Love your enemies. Pray for those who persecute you. Bless those who curse you. Turn the other cheek. Go the extra mile. Give the shirt off your back.

Habit Switching: the best way to break a habit is to make a habit that overrides it.

The Holy Spirit is Key when it comes to Habits

[Ephesians 4:14-15](#)

[Ephesians 4:28-29](#)

[Ephesians 4:31-32](#)

[Ephesians 5:18-19](#)

You don't STOP SINNING by NOT sinning. **You need a VISION that is bigger and better than TEMPTATION you're trying to resist** or the ADDICTION you're trying to overcome. You need to be SPIRIT-FILLED, SPIRIT-LED. The INTERNAL PRESSURE of the HOLY SPIRIT has to be greater than the EXTERNAL PRESSURE of trending hashtags or social media algorithms or political correctness.

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[Numbers 7:12](#)

Nahshon who took that FIRST STEP OF FAITH, got FIRST DIBS on dedication day.

That is the Domino Chain Reaction.

What 2 inch decision do you need to make?

What 2 inch action do you need to take?

Pick a habit, any habit.

Make it MEASURABLE, MEANINGFUL, and MAINTAINABLE.

Then you have to DO IT FOR A DAY.

Let us know your habit at ncc.re/domino

A PRAYER to PRAY:

Our Father in Heaven help us to see how You have begun a good work in us that will not fail. How You have started with a small domino in our lives that as time goes on and strength is built that domino has fallen into the next and the next so that now the mountain can be conquered. Help us to know that even if we aren't there today, each small habit will build to the next and that they lead to all that You desire for us to accomplish. All this we pray in Jesus' name Amen.

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