

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

## ---Message Notes

### Do It For A Day: Pick a Fight

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October 23/24

FIGHT ONE MORE ROUND

Don't give up on God. Don't give up on yourself.

[1 Samuel 14:1-13](#) - Today could be the day!

Perhaps the Lord will act on our behalf.

When you PICK A FIGHT, it has a DOMINO CHAIN REACTION.

When you experience a VICTORY in some area of your life, you now have AUTHORITY. You have to exercise that authority for others! Your TESTIMONY is someone else's PROPHECY.

#### Four Challenges

1. Do it SCARED is Day 12
2. Do it DIFFICULT is Day 15
3. Do it DIFFERENT is Day 21
4. Do it NOW is Day 23

**If you're going to make or break a habit, you have to pick a fight.**

[James 4:17](#) - If anyone knows the good they ought to do, but they don't do it, for them it is sin.

May we be more known for what we're FOR than what we're against.

Whatever you TOLERATE will eventually DOMINATE.

If you give the enemy an inch, he'll take a mile.

That foothold will become a STRONGHOLD.

### **1st Challenge - Do it SCARED - [1 Samuel 14:6](#)**

Instead of EXERCISING their FAITH, they let FEAR dictate their decisions. FEAR EATS THE SOUL.

At some point, you have to DO IT SCARED.

### **Don't let fear dictate your decisions**

"Find out what a person FEARS MOST and that is where he will DEVELOP NEXT." - [Carl Jung](#)

[1 John 4:18](#)

"When we get a revelation of God's love the net result is fearlessness" - Pastor Mark Batterson

What do you fear the most? - You have to name it if you are going to deal with it.

### **2nd Challenge - Do it DIFFICULT**

[Biosphere 2](#)

The OBSTACLE is not the enemy. The OBSTACLE is the way.

**We're so anxious to get out of DIFFICULT situations that we don't get anything out of difficult situations.**

When difficult comes, try asking: What have you come to teach me?

"I have learned to KISS THE WAVE that throws me against the ROCK OF AGES." - [Charles Spurgeon](#)

Question: What makes us think we can become like Jesus without being betrayed by Judas, denied by Peter, mocked by Pharisees, tempted by the devil, or crucified by an angry mob?

[Romans 5:3-4](#)

### **3rd Challenge - Do it DIFFERENT - 1 Peter 2:9**

Six COUNTER-HABITS in the Sermon on the Mount:

We love our enemies, pray for those who persecute us, bless those who curse us, turn the other cheek, go the extra mile, and give the shirt off our back.

**We do things that provoke questions for which the only answer is the gospel.**

### **4th Challenge - Do it NOW**

The first step is always the hardest step.

You have to overcome inertia with initiative.

You have to overcome fear with faith.

The longer you wait the harder it gets. Delayed obedience is disobedience.

“People are always blaming their circumstances. I don’t believe in circumstances. The people who get on in this world are the people who GET UP and look for the circumstances they want and if they can’t find them, MAKE THEM.” - [George Bernard Shaw](#)

You have to trust God’s timing, but you also need to exercise your faith.

**If not now, when? This is the day that decades happen. Fight one more round.**

Let us know the HABIT you want to MAKE or BREAK at [ncc.re/domino](http://ncc.re/domino)

**A PRAYER to PRAY:**

*Our Father in Heaven give us the courage to live fearlessly and faithfully. Help us to see You moving in all situations and to find the motivation to push through especially when things are tough. Give us the vision to see our roots of faith growing stronger and tougher, and deeper because of our circumstances. To see each moment as an opportunity to love You more, grow in our faith more, and believe for the good more. We can do all things through You and with You. Let us truly believe that today. All this we pray in Jesus’ name, Amen.*

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