

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

Do It For A Day: Rule of Life

---Message Notes

Pastor Mark Batterson, October 30-31, 2021

[Romans 1:17](#)

SIN OF SILENCE - It's NOT saying what needs to be said.

SIN OF TOLERATION - It's NOT doing what needs to be done.

EVERY GENERATION needs a REFORMATION.

[Hebrews 12:27](#)

If you filter your BIBLICAL THEOLOGY thru your POLITICAL IDEOLOGY, it's called IDOLATRY.

God is RAISING UP A REMNANT that will REIMAGINE the church, REPRIORITIZED prayer, and EXERCISE their spiritual AUTHORITY in humility.

Five Solas

Sola Fide—by faith alone

Sola Gratia—by grace alone

Sola Scriptura—by Scripture alone

Solus Christus—by Christ alone

Soli Deo Gloria—to the glory of God alone

REFORMATION starts with PERSONAL REVIVAL.

[Romans 1:17](#)

Today's Challenge: create a RULE OF LIFE

HOW DO I MAKE IT A HABIT?

Quadrant 1 is CORE BELIEFS.

Quadrant 2 is CORE VALUES.

Quadrant 3 is LIFE GOALS.

Quadrant 4 is DAILY HABITS.

[Deuteronomy 6](#)

The Latin word for RULE is REGULA. It refers to a TRELLIS on which plants grow. A trellis is used for two reasons:

1. it keeps the limbs off the ground which protects them from predators.
2. it maximizes fruitfulness by keeping the limbs straight.

Rule of Life is like a trellis

[Deuteronomy 6:4](#)

The LORD'S PRAYER is the New Covenant equivalent to the Old Covenant SHEMA. It's a REAFFIRMATION of God's rule in our lives.

It's a REALIGNMENT with His will, His way.

[Deuteronomy 6:5](#)

Jesus took 613 Old Testament rules and regulations and reduced them to one common denominator that's called the GREAT COMMANDMENT. *"Love the Lord your God with all of your heart and soul and mind and strength, and love your neighbor as yourself."*

[Deuteronomy 6:6-7](#)

Deliberate Practice + Desirable Difficulty = Durable Learning

WELL-DEFINED goals. That allows you to measure progress and it facilitates a feedback loop.

REVERSE ENGINEERING your LIFE GOALS (Quadrant 3) and turning them into DAILY HABITS (Quadrant 4).

CONSISTENCY & INTENSITY. **Deliberate practice** requires near-maximal effort. You have to stress your body beyond its ability to maintain homeostasis. Anything less than 70% effort, according to Erickson, maintains the status quo and it's counterproductive. You learn bad habits while trying to build good habits.

[Deuteronomy 6:8](#)

“To MEZUZAH our universe is to create SACRED SPACE and SACRED RITUALS wherever we go.” - Leonard Sweet

[Acts 27:29](#)

DEFINING SUCCESS for yourself. If you don't, the default setting is usually a cultural definition.

[Hebrews 11:1](#)

[Deuteronomy 17:18-20](#)

CHALLENGE: Take the next 30 days to create a RULE of LIFE.

Write down those CORE BELIEFS, CORE VALUES, LIFE GOALS, and DAILY HABITS.

A PRAYER to PRAY:

Our Father in Heaven, thank you for the blessing of knowing you on a personal level. Thank you for the fact that we can speak to you directly, and intimately. Help us to use that gift to create our own rule of life. Let us find the connection with you that connects all of the pieces in our life and make them make sense. Give us the peace that surpasses understanding, the grace to give ourselves and others, the beauty to see life around us through Your eyes, and the ability to be grateful for it all. All this we pray in Jesus name, Amen.

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