

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

## Do It For A Day: Domino Habits

October 16-17, 2021

**Speaker:** Dr. Mark Batterson

**Scripture:** Romans 7:15-23

### Series Overview:

Show me your HABITS and I'll show you your FUTURE. Destiny is not a mystery. Destiny is DAILY HABITS. Habit formation is one dimension of spiritual formation. You have to make or break the habits that make or break you, with the help of the Holy Spirit.

The good news? You are one habit away from a totally different life!

The key? Do it for a day!

### Series Discussion Questions:

What habit are you choosing to MAKE or BREAK over this series, or beyond?

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### Message-Specific Discussion Questions:

We are encouraged in Scripture to live your life in a way worth telling stories about, yet destiny is no mystery. It's defined by our habits.

Habits must be: Measurable. Meaningful. Maintainable

Pick a habit, any habit. What habit are you choosing to do daily?

### 3 Building Blocks to Create Domino Habits

#### 1. All of us are creatures of habit.

Even the Apostle Paul shares from his internal struggle.

- Reflect on Romans 7:15 & 20
- According to a Duke study, 45% of our actions are automatic
- Are you feeding the flesh and starving the spirit or are you feeding your spirit and starving your flesh? What is an area in your life where you are doing either?

#### 2. Habit formation is Spiritual formation

The best defense is a good offense! Don't just try to stop a bad habit, take an opposite action

- Read & study several “insteads” found in Ephesians:
  - Ephesians 4:14
  - Ephesians 4: 28
  - Ephesians 4: 31-32
  - Ephesians 5: 18-19
- What “2-inch” decision do you need to make?
- Design your own “instead” to support the *good habit* you are choosing daily

#### 3. The Holy Spirit is key when it comes to habits

- Read John 8:36 and be encouraged that the goal is not a guilt trip, the goal is to experience freedom from ourselves.
- Exodus 14:13-14 reminds us how God is able to move the seas for his children, when we take a small step of faith in obedience.
- Take a few moments and ask God, “what is one thing I need to change?” Write it down in your journal.

*“Domino habits are little habits with high leverage points...  
and remember that if you do little things like they are big things, God will do big things like they are little things.”*

*The best is yet to come!”*

*- Mark Batterson*

**Prayer:** Thank you God for reminding me that you are for me and that you accept me as I am. That you desire to walk with me, as I grow on this journey of progression, not perfection. Amen!

#### Practical Application

- Sign up for NCC’s DO IT FOR A DAY challenge at [ncc.re/domino](http://ncc.re/domino). We would love to pray for you by name!
- Plug into a small group. [ncc.re/groups](http://ncc.re/groups). Connect with others that are growing and activating their faith. Develop relationships where accountability to trusting God is a mutual journey. If you need guidance and support on a more personal level, look into some of the available resources at [national.cc/care-prayer/care](http://national.cc/care-prayer/care)
- Start the day with positive encouragement, in a prayerful virtual gathering by joining the [Upper Zoom](#) each Tuesday, Wednesday, and Thursday at 7:14am. **Register at [ncc.re/UpperZoom](http://ncc.re/UpperZoom)**