

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

Do It For A Day: Pick A Fight

October 23-24, 2021

Speaker: Dr. Mark Batterson

Scripture: 1 Samuel 14:1-13, 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?

Message Overview:

There is nothing easy about HABIT FORMATION. You have to fight for your health, fight for your marriage, fight for your convictions. How? 1. Do it SCARED 2. Do it DIFFICULT 3. Do it DIFFERENT 4. Do it NOW. The good news? When we get on our knees, God fights our battles for us!

Message-Specific Discussion Questions:

When you pick a fight, it has a domino chain reaction. When you experience a victory, you now have authority in that area of your life and you need to exercise that authority for other people. Your testimony is someone else's prophecy.

If you are going to make or break a habit, you are going to have to pick a fight.
What is your fight?

1. Do it Scared

- Read James 4:17. Whatever you tolerate, will eventually dominate.

- What do you fear the most?
- Consider this. Maybe that fear is where God wants to grow you or maybe it's where God wants to love you.

"Find out what a person fears the most, and you'll find where he is to develop next."

- Carl Jung

2. Do it Difficult

- Read Romans 5:3-4
- We are often so anxious to get out of difficult situations, that we often do not get anything out of difficult situations.
- What is the difficult thing in your life that you need to grow through or learn from right now?

3. Do it Different

- Read 1 Peter 2:9. It describes us by saying, "...we are a peculiar people..." We are counter-cultural.
- Read 1 Corinthians 1:18. The Jesus way doesn't make sense. It is bold! Far from a spiritual "insurance" plan.
- We do things that **provoke questions** for which **the answer is the Gospel**.
- Share or reflect on an experience where you saw a new side of God's love that came from an unexpected or unusual moment. It can be an experience in your life, someone you know...or even a story that stands out in the Bible.

4. Do it Now

- Hard decisions only get harder.
- Reflect on James 2:14
- We must have faith in God's timing, yet still act on what he has given us in our hands today.
- What do you need to initiate now? How can you start with a single step
- Ask yourself this: "If not now when?"

"Learn the lesson, curate the change, cultivate the character, kiss the wave."

- Mark Batterson

Prayer: Lord, help us each in the fight we are in. God give us faith to exercise your authority. Thank you for demolishing my strongholds. Let us be a people who fight for what is right. Amen.

Practical Application

- Sign up for NCC's DO IT FOR A DAY challenge at ncc.re/domino. Name that fight you are picking! We would love to pray for you by name!
- Plug into a small group. 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
- 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