

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

## Do It For A Day: Rule Of Life

October 30-31, 2021

**Speaker:** Dr. Mark Batterson

**Scripture:** Deuteronomy 6:4-7

### 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:

One key to making and breaking HABITS is making and breaking RULES.

Rules help you establish boundaries and priorities. Rules help you establish rituals and routines.

A RULE OF LIFE consists of four quadrants: (1) Core Beliefs (2) Core Values (3) Life Goals (4) Daily Habits.

Collectively, they become the guardrails and guidelines that help you get where God wants you to go.

### Message-Specific Discussion Questions:

Core Beliefs	Core Values
Life Goals	Daily Habits

This weeks challenge: Create a Rule of Life

As you set new goals, keep considering this question, “How do I make it a habit?”

1. Every generation needs a reformation
2. A personal revival starts with the heart

God is shaking things up!

Read & be encouraged by Hebrews 12:27

What is God shaking up in your life or around you?

### Core Beliefs

- Most likely, we do not need to *know* more, we need to do more with what we already know.
- Reflect on the text from Deuteronomy 6:7. Our favorite scriptures often become our script for life.
- What is a verse of Scripture that can be a part of your script for life?
- Reflect on a verse or belief that has come to mind, through your recent personal life. What encouragement does this give you? Have there been challenges in remembering this?

*“Create sacred space and sacred rituals wherever we go”*

*- Leonard Sweet*

### Core Values

- Starts with defining success for myself, and knowing how to give that desire to God
- Reread Deuteronomy 6: 4-8, slowly verse by verse
- What does “Doing the best you can with what you have, where you are” mean for you this week?

### Life Goals

- Read Hebrews 11:1. Faith is being sure of what we hope for...
- Goals can be a function of faith if you actually pray about it
- How do you define success for yourself? Consider this question throughout the week & beyond!

### Daily Habits

- Psalm 119:103
- Reverse engineer these goals into daily habits.
- What is a daily habit that you are establishing?
- What is a commitment device that you can use to help you with your daily goal?

**Prayer:** Lord, help me grow in this journey of recognizing your presence with me. Help me prioritize the quiet moments to hear your voice through your Word, and to believe what you placed in me. Amen.

### Practical Application

- Spend some quiet time writing down where you are today. With your Core Beliefs, Core Values, Life Goals and Daily Habits. Start or renew the process of turning your convictions into a daily habit.
- 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)**