



Delight - Part 4 - "The Power of Habit"

Galatians 6:7-9

Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

John 15:9-11

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. "

1 Corinthians 9:24-27

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

Zechariah 4:10

Do not despise these small beginnings, for the LORD rejoices to see the work begin, to see the plumb line in Zerubbabel's hand.

Matthew 6:33-34

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Key Points

- When our intentions change, but our habits don't, our direction stays the same.
- Unhealthy habits bend our faith away from God and toward ourselves.
- The life you are living today is a result of the habits you have formed along the way.
- What we do habitually, determines how we experience God relationally.
- God-given delight is only found in God-centered devotion.
- The Way to Devotion is consistency, proactivity and authenticity.
- True devotion is cultivated by private discipline.
- When God-centered devotion becomes a habit, delight becomes a reflex.

READ

Open your time together by reading the scripture passages on Page 1. Then, take a moment to consider what you just read:

- Read Matthew 6:33-34, 1 Corinthians 9:24-27, and John 15:9-11. How do these passages speak to the importance of developing a habit of delight?

REFLECT

- We all have something that we should do more or less of. Complete the following sentence: I should _____. What makes you answer in the way that you do?

“Direction, not intention, determines destination.” -Andy Stanley

- Read the quote from Andy Stanley. How do we often mistake intention for direction? What happens to our intention if not acted upon?

When my will is consistently, freely, and joyfully aligned with what I most deeply value, my soul finds rest. That is wholeness. When I live with half-hearted devotion, my soul is always strained.
-John Ortberg

- Read the quote from John Ortberg. Where does the path to wholeness and freedom reside?

RESPOND

- Where do you find yourself choosing what is immediately satisfying over what is ultimately important?

“Habits are behaviors that we repeat consistently. However, they are not behaviors that we repeat perfectly. This small idea that consistency does not require perfection - is important.”
-James Clear

- Read the quote from James Clear. Where do you need to embrace the “messy middle” as you begin to develop a habit of delight?

“Good and Evil, both increase at compound interest. That is why the little decisions you and I make every day are of such infinite importance.” -C.S. Lewis

- Read Zechariah 4:10, Galatians 6:7-9, and the quote from C.S. Lewis. How does beginning small habits now have profound ramifications on the person we become later?

PRAY

Close your time together with prayer requests. Ask how you can pray, support, and lift one another up. Pray over these requests either collectively or by breaking up into prayer partners.