

# POWER TO FLOURISH IN THIS HOUSE

## CHOOSING RHYTHMS (The Power of Habits)(Week 2)

**WELCOME:** Share something about a new good habit that you have started doing.

**WORSHIP:** Sing, **THANK YOU JESUS** (*Hillsong Worship*)

**WORD:** ROMANS 12:2, *Do not conform [any longer] to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Human beings are creatures of habit! We follow patterns, we follow rhythms. Habits are grooves in our brains formed by doing the same things over and over again. That is why old habits are hard to break and new habits are hard to form. It's because the behavioral patterns we repeat most often are literally etched into our neural pathways. But, through repetition, it's possible to form—and maintain—new habits. The Apostle Paul knew the possibility of transformation by renewing our minds!

God wants us to thrive not just survive—and we learned that thriving has rhythm. If our rhythm keeps us from thriving, then our rhythm is the problem. If the rhythm is the problem, we got to change the rhythm. We need to choose and follow new rhythms—new patterns/habits that will help us flourish. Behavioral scientists believe that it takes 30 to 60 times to do something regularly to make it into a habit. By God's grace—that process can be shorter; or by God's grace it might be longer. We usually crave for real time results; but God is into lasting fruit, not instant results! Read John 15:16. He wants us to thrive and produce lasting fruit—not just instant temporary fruit or success. Good lasting fruit and success don't come in an instant.

**CHOOSE THE RIGHT RHYTHMS THAT PRODUCE GOOD AND LASTING FRUIT.** If we want lasting fruit, we must embrace steady rhythms that will determine our success or fruitfulness.

*Get rid of bad habits by creating new good ones.* Pastor Jon reminded us that bad habits produce lasting fruit too, but they're bad fruit that keep us from flourishing. Practicing the wrong things can make wrong rhythms permanent. Anything we practice regularly becomes permanent in our lives. If we practice unhealthy habits, we will reap unhealthy fruit.

- Can you share a bad habit that you believe is keeping you from becoming an effective and fruitful disciple of Jesus?
- Read Luke 4:15-16. Pastor reminded us that the fruitfulness of Jesus' life did not come instantly; they were results of consistently doing God-honoring habits. As disciples of Jesus, what habits of Jesus can we emulate? Read the following: Mark 1:35, Mark 1:21, Matthew 9:10-14 and 2 Corinthians 8:9.

*Sustain your new rhythms by a passion that is stronger than just your willpower.* We have strong willpower, but we can also attest to the fact that our willpower can be overpowered, usually by something stronger. In the life of a disciple, it is the Holy Spirit that should have the control of our lives, that means, surrendering our will to His authority. We turn over the control to Him. Except for the Spirit of God, we should not allow anything to master us (1 Corinthians 6:12). To sustain new good rhythms, we must work together with the Spirit who is working in us.

- Every habit whether good or bad, follows the same 3-step pattern:
  - a) Reminder (the trigger that initiates the behavior or need to do it)
  - b) Routine (the behavior itself; the action which the habit makes you take)
  - c) Reward (the benefit you gain from doing the action)

The Apostle Paul says, "*do not conform to the pattern...*" Which means, if we want to make new rhythms, we must take ourselves from the pattern.

- Your success is only as strong as its source. That means, if we want to sustain our success, we cannot use willpower alone because it can get overpowered easily. We must sustain our success with the following:
  - a) *A steady root.* John 15:4-6 tells us that fruitfulness can only be possible if we are connected to the right source. Our habits and our success can only be sustained by a steady root in Jesus. When we create new habits, we create them for Jesus, He is our reason. Who is Jesus to you?
  - b) *A steady calling.* We form habits for Jesus; and His calling is part of that. As disciples of Jesus, our calling will help sustain changes, habits and success we experience. Read Romans 11:29. God's calling and gifts are permanent; use it to sustain your habits. Don't confuse your calling with your role. Your calling is to be a disciple of Jesus. Your role is whatever you do (mom, dad, student, teacher, dentist, etc.). God wants you to let your calling dictate the way you function in your God-given roles.
  - c) *A steady community.* This is you and your church—God's appointed support system for individual disciples, and functions as your fellowship and your accountability. Studies show that people who go to the gym with their buddies are more likely to succeed than those who go alone. We are always made stronger when we are in a strong support system. 1 Corinthians 12:27.

### **THE SCOPE OF YOUR LIFE IS DEFINED BY THE SUBSTANCE OF YOUR DAYS.**

What happens within your day? What is the substance of your day? Pastor reminded us about the importance of filling our days with things, habits and activities that really matter—things with lasting and eternal significance. We need to choose rhythms and habits that allow our days to have substance. Pastor shared, "*What you fill your day with now, will determine the trajectory of your life!*"

- What do I fill my days with? What am I sowing into my life and in others?
- Read Galatians 6:7, Don't be misled—you cannot mock the justice of God.
- Don't underestimate what a day can do to your future.
- Everyday is a blessing, and an opportunity to start fresh. Read Lamentations 3:22-23.

### **THE RIGHT TIME TO CHOOSE THE RIGHT RHYTHMS IS RIGHT NOW.**

Many of us have this tendency to think that it's too late and say "You can't teach an old dog new tricks!" Pastor said if we embrace that philosophy, we have already signed our own death certificates, because that means we have stopped growing. Some, on the other hand might think, "I'm still young and I can always start tomorrow."

- Pastor said, "Procrastination is self-deception." What are some spiritually flourishing things do you keep postponing? What is God telling you to do or change that you keep delaying?
- Chinese saying: The best time to plant a tree is ten years ago...the second best time to plant a tree is today.
- Read John 15:8.

### **WORKS**

- Memorize JOHN 15:8.
- Share with the group:
  - A. The good habits that you have that make your life fruitful.
  - B. The bad habits that are not flourish the way God wants you to flourish.
  - C. The missing habits that you need to grow even more fruitful.
- Pray for the people you wish to invite to ANNIVERSARY (Worship and Vision Banquet) and EASTER.
- Close in prayer (pray for the Anniversary and Easter events; pray for the people you will bring).