

REALIGNMENT SERIES (PART 2)
HOW TO ALIGN YOUR HOPES WITH YOUR HABITS
1/9/2022

I. Introduction

A. The Bible teaches us how we can have our best year ever. The key is _____ of every area of our lives with God's will and God's ways.

"Listen to me, Asa!" he shouted. "Listen, all you people of Judah and Benjamin! The Lord will stay with you as long as you stay with him! Whenever you seek him, you will find him. But if you abandon him, he will abandon you." (2 Chronicles 15:2 NLT)

B. To have the best life God has for us, we must align our hopes for the future with our daily _____.

- "Successful people do consistently what other people do occasionally." -Craig Groeschel
- "We don't rise to the level of our goals; we fall to the level of our systems." -James Clear

"But when Daniel learned the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God." (Daniel 6:10 NLT)

C. The key difference between victory and defeat in any area of our lives is not the goals that we set but the habits _____. Habits are the roots; our lifestyle is the fruit.

1. If we see qualities we want and admire in others, we can be sure that fruit that we see is because of habits that they have set.

- *"He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read..." (Luke 4:16 NIV)*
- *"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray." Mark 1:35 NLT*

2. We don't stop sinning by trying to stop sinning; we stop sinning by developing habits that _____ the patterns of sin.

"...Not giving up meeting together, as some are in the habit of doing, but encouraging one another and all the more as you see the Day approaching." (Hebrews 10:25 NIV)

3. Many follow Jesus to the level of an experience not to the level of adopting Jesus' habits. Change a choice you change your day; change a habit you change your life.

"Anyone who hears my teaching and (habitually) follows it is wise, like a person who builds his house on solid rock." (Matthew 7:24 NLT)

Many people don't realize that change doesn't come from deep understanding, but from turning simple biblical commands into daily consistent practices.

A great attitude = *"Rejoice in the Lord always. In everything give thanks."*

D. Reasons why people fail to make the habits that will make their hopes possible

1. We get _____ when we don't see results fast enough.

2. We don't grasp the value and power of developing _____ habits. Small daily _____ are the key to great victories.

"Do not despise these small beginnings, for the Lord rejoices to see the work begin, to see the plumbline in Zerubbabel's hand." (Zechariah 4:10 NLT)

a. Almost every great thing we ever have in our lives is the result of small habits that accumulate and compound over time into amazing breakthroughs.

"It's the things that no one sees that brings the results that everyone wishes for." - Craig Groeschel

You are just a habit away from a healed and restored marriage, financial freedom, mental health, overcoming your worst pain, from breaking a destructive addiction.

- b. At the same time, almost every collapse and ruin people experience is also because of small choices they allow to accumulate into tragic breakdowns over time. Habits make or break us. Show me your habits and I will show you your destiny.

II. Four ways Jesus wants to empower you to build habits that will allow your greatest hopes to come true. Jesus wants to give us a new **Who**, a new **Do**, a new **You**, and a new **Crew**.

A. The first thing we need is a new “_____.” Jesus is the foundation stone for building a life of new habits. Jesus not only promises to be with us, but to replace us. He is the Way-maker to every place we want to be.

- *“So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law in my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!” (Romans 7:21-25 NIV)*
- *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” (Galatians 2:20 NIV)*
- *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can endure it.” (1 Corinthians 10:13 NIV)*

B. Jesus also wants to give us a new “_____,” a will and desire to follow His habits.
“...for it is God who works in you both to will and to do for His good pleasure.” (Philippians 2:13 NKJV)

C. Thirdly, Jesus gives a _____, a new identity. It is through _____ that we find ability to change. “For as he thinks in his heart so is he.” (Proverbs 23:7a NKJV)

Some important truths about habits and identity

1. Self beliefs _____ habits. We tend to live up to a habit or give up to a habit based on our identity. You tend to quickly expect failure and make excuses or expect victory and make hard choices based on your identity.
2. The best way to start change is not to with what needs to change but by deciding who you _____ in 2022 and what you want to be remembered as in the years to come.
3. Decide to put on your new self every day and you will automatically find it easy to put off your old self. **Write below your 3 top “I am” statements for 2022.**

D. Jesus wants to give you a new _____. We are naturally likely to rise or fall to the level of the 5 people we choose to be in close relationship with. One of the fastest ways to grow new “Jesus” habits is to find a group and serve on a team with passionately committed Jesus followers. As you are with those raising their habits you will naturally raise yours!

(Answers: I. A. alignment B. habits C. we make, replace D. discouraged, small, wins II. A. who, do C. new you, identity, solidify, want to be D. crew)