



Actually Changing Habits

Force of Habit, Part 4

Ed Noble, Lead Pastor

February 13 & 15, 2015

"But seek first His kingdom and His righteousness, and all these things will be added to you."

Matthew 6:33

Theme in Jesus' Teaching:

- ▶ Prayer: "Hallowed Be Your Name... Kingdom come... will be done"
- ▶ Parables: Treasure in a field: Matthew 13:44
- ▶ Save life, loose it... lose life, find it.
(See Matthew 16:25-27)

"SEEK...KINGDOM of GOD" = Habituate your values — ultimate values — the reality of the Kingdom of God

A student of Christ will seriously, purposefully, and tenaciously engage in a wide range of disciplines to grow in Christlikeness... activities in which we voluntarily act to meet the reality of God's kingdom.

Dallas Willard

"FIRST" as in ORDER (i.e. before)... as in ABOVE.

"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

Matthew 6:34

→ It's as if Jesus is saying: "If you seek me first, if you live this, pray this... become real... then you will hear me saying, "I GOT THIS."

THINK: BALLAST

HABIT FORMING (AND BREAKING) KEY: Soul-level

Satisfaction in God... happiness, HAPPINESS in God, recognizing... Ahhh this, yes THIS is what I've been thirsting for... connection!

Welcome to "Rat Park"

3 CONCLUDING TIPS / THOUGHTS

1. Principle: Fight fire with fire — Stoke up the desire for God — insist on being HAPPY.
**Of course this will mean abandoning the energy of guilt, shame, self-loathing, earning, etc.
2. Believe and self-talk: "I'm important. I'm invited with God to change the course of history."
3. Steward your "life message."
 - a. Spiritual friendship —
[Suggestion: join a Life Group for Leap]
 - b. Authenticity — Prize it because God, who is light, prizes it!
 - c. Cross-shaped vision — Good wins because God wins and you win if...

For whatever is born of God overcomes the world; and this is the victory that has overcome the world — our faith.

1 John 5:4



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THINK: BALLAST

HABIT FORMING (AND BREAKING) KEY: _____

_____ in God... _____, HAPPINESS
in God, recognizing... Ahhh this, yes THIS is what I've been
_____... _____!

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because _____ wins and _____ win if...

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