

Title: The power of habits

Main Idea/ Purpose of Text: Our habits should be tools to form us spiritually and conform us more to the person of Jesus

God wants to meet and form us through our daily rhythms.

Our habits and the things we commit to will always guide and reveal what we worship

Our habits should be tools to form us spiritually and conform us more to the person of Jesus

1. We need to create habits of delayed gratification.
2. We need to create habits that push us to engage in meaningful presence
3. We need to create habits that help us practice good religion

When we create a habit of denying ourselves for good, we are giving the world a picture of the person of Christ

- God called the Israelites to resist saving the food because he wanted them to rely on Him as the true source of daily bread.

Creating space for meaningful presence helps us combat the trap that our greatest contribution has humans is what we do, when we really its our presence

- The call to participate in the sabbath was a call to engage in meaningful presence with the lord (rest) but also one another.

Commitment to spiritual practice keeps us rooted to the things of God even when we don't feel like it. It's in these moments where God meets us where we're at.

- The call to keep the sabbath and saving not saving of the bread were practices meant to remind the israelites of their relationship with God despite their feelings.