

How to have a more successful New Year Part 6 handout

Breaking the All or nothing, Now or Never Barriers

Joshua 1:6-8 (NKJV)

1. A little adds up to a lot over time.

A. If you want to be successful in something, then watch those who do that thing well.
Proverbs 6:6-8

B. Maybe that's why so many people buy lottery tickets.

C. We see this same principle with so many people who inherit great wealth, only to become penniless for the same reason.

D. A false belief related to this is "get rich quick".

E. We don't value little steps in our American culture..

F. Of those who pursue a doctorate degree, there's a requirement (usually 3-4 year project) that is so difficult, so overwhelming and seemingly impossible called a doctorate dissertation.

G. When students are taking classes there's a built in structure, curriculum and a teacher telling what to do, where to find it, when to do it and how it's to be done.

H. When you see Michael Jordan shoot a hoop from the foul line over and over and make the shot you think "wow he so talented!"

I. Or when you see the Patriots pull off one of the greatest upsets in Super Bowl history you think "wow were they lucky."

J. What made the early church so dynamic and powerful?
Acts 2:46-47 (NKJV)

K. Their daily devotional steps added up to a lame beggar being healed in Acts 3:1-8 we are wowed by the event, and miss the power that's behind a daily devoted life.

L. We wonder why we have such a struggle overcoming the big things, not realize that the big things are overcome by the small things.

N. It's the repeated theme of the Bible.

2. We have to break the all or nothing barrier

A. The reason the dissertation is so difficult, is because people give up if they can't do it all perfectly.

B. If you want to lose 30 or 40 lbs it might seem monumental or even impossible.

C. If we want to do something big, we will try if it doesn't take too long. Instant gratification drives the bus.

D. This is where the power of small groups is experienced.

E. If we can't look like Mr. Atlas we give up on getting in shape.

F. Writing a book can be a huge project to attempt.

G. We want it all, but wanting it all keeps you from having any.

H. All or nothing not only keeps people from finishing their doctorate, it keeps people from engaging in their dreams and callings.

3. Break the Now or Never Barrier

A. This has its roots in self gratification..

B. We aren't recognizing the life issues behind the weight gain like our need for a healthy diet, educating ourselves, inviting others to help us to stay motivated.

C. We don't want to commit to weekly counseling, support groups, accountability, and structuring or disciplining our time.

D. If you don't have the money now, you buy it anyway with a credit card and pay way more over time.

E. If you're fighting being depressed, get out of bed and do one small thing like taking a walk or call a friend.

F. If you're shy and don't feel comfortable in a crowd, then go to gatherings, connect with one or two people and don't stay long.

G. If reading the whole Bible seems overwhelming to you, get a through the Bible in a year.

H. You don't have enough money saved for retirement?