

HABITS THAT TRANSFORM

Matthew 7:24-25

How to Change

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”

MATTHEW 7:24-25

“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:29-30

“But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.”

EPHESIANS 2:4-9

“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

I TIMOTHY 4:7-8

“How to Change”

NOTES:

The power of habit

We are all a bundle of habits

The best way to change a habit is by forming a new habit

The habits of Jesus

Jesus practiced spiritual habits

If we want to be like Jesus, then we must form habits like Jesus

The role of habit in life change

The gospel of grace is a gift not a habit

God uses grace & habit to bring real change in our lives

NEXT WEEKEND: “Habits That Transform - Prayer”