

Win the Day, part 1

“Flip the script, change your story!”

75% of New Year’s Resolutions fail within the first month. Why?

According to psychologists Matthew Killingsworth and Daniel Gilbert, the average person spends 47% percent of their time thinking about something other than what they’re doing in the present moment!

Psalm 90:12

Give us this day our DAILY BREAD.

Take up your cross DAILY.

This is THE DAY that the Lord has made, rejoice and be glad in it.

His mercies are new EVERY MORNING.

Don’t let the SUN GO DOWN on your anger.

Don’t worry about TOMORROW.

I have no idea what goal you’re going after, what problem you’re trying to solve, what habit you’re trying to break or build, but I know the secret to your success. “It’s going to happen one day at a time.”

What area in your life would you like to grow in?

“Can you do it for a day?”

You have to take your life goals and reverse engineer them into daily habits.

Let me say this. You can’t just flip the calendar, and expect everything to change.

If you want to change your life, you have to change your story.

The stories you tell yourself are far more important than the situations you find yourself in.

If anybody could have played the victim card, it’s Joseph. But this isn’t the story he narrates to himself.

Genesis 42:1-3, 6-9a

Life is about moments...

“There are decades when nothing happens and there are weeks or days when decades happen.”

Genesis 50:14-20

“50:20 Vision”

“Go to your cell (i.e. quiet place) and your cell will teach you everything.” Moses –Desert Father of the 4th century

Science of cybernetics

1. First-order change is behavior
2. Second order change is conceptual, its “mind over matter.”

High leverage habits are the internal habits that no one sees. It’s your internal monologue. It’s the way you explain your experiences to yourself. It’s the stories you tell yourself day in and day out.

On average, about 60,000 thoughts fire across our synapses every single day. According to a study done by the Cleveland Clinic, 80% of those thoughts are negative.

Romans 12:2 NLT

The battle is won or lost in the mind. The stories you tell yourself are far more important than the situations you find yourself in. That’s when and where and how we flip the script--and change our story.

Your focus will determine your reality.

If you’re looking for an excuse, you will always find one.
If you’re looking for something to be grateful for, you can find it.

Genesis 50:20

Your explanations are more important than your experiences.

DISCUSSION QUESTIONS

1. In your own words, define Habit One: “flip the script.”
2. The author Mark Batterson writes, “Your explanations are more important than your experiences. Your stories are more important than the situations you find yourself in.” Is there a part of your life where you may be telling yourself the “wrong story”? How would you change that narrative?
3. Is someone else (parents, teachers, peers, bosses) narrating your story? If so, how might this be “flipped” or changed?
4. Scripture says that God is the author and perfecter of our faith. In what ways do you see God’s influence in writing your story? Is there an example from the past where God taught you something, which has been helpful for the present?
5. Spend some time prayerfully considering who you want to become. What is one character trait you want to see develop and mature in your life?