



Beyond SUNDAY

Following Jesus in the Regular Stuff of Life

Like Breathing

Acts 17: 24-28

A top-down view of a breakfast scene. On the left, a green bowl contains white milk with several golden-brown cereal rings. To the right, a white mug filled with dark coffee is held by a hand. A few more cereal rings are scattered on the white surface between the bowl and the mug.

A Look in the *Mirror*

Implementing a single discipline does not constitute lifestyle change.

Wrongheaded philosophy:

“I work out so I can eat what I want”

A top-down view of a breakfast table. On the left, a white bowl with a bright green rim is filled with cereal and milk. Several golden-brown cereal rings are scattered on the white surface around the bowl. On the right, a white ceramic mug filled with dark coffee is being held by a hand. The background is a plain, light-colored surface.

Fitness Smartwatch

- Distance, time, speed, calories burned, activity, sleep activity, heart rate, steps taken, floors climbed, blood oxygen saturation, pace, stress level, automatic exercise recognition.
- Integrates with fitness apps that include food consumed data (calories, protein, carbs, fat etc)

A top-down view of a breakfast scene. In the top left, a green bowl contains white milk with several golden-brown cereal rings. To the right, a white mug filled with dark coffee is being held by a hand. A few more cereal rings are scattered on the white surface between the bowl and the mug.

Lifestyle Change

Discipline with goal setting in all areas
within the context of community


A top-down view of a breakfast scene on a white surface. In the top left, a green bowl contains white milk with several golden-brown cereal rings. To its right, three more cereal rings are scattered on the white surface. In the top right, a white ceramic cup filled with dark coffee is held by a person's hand, with the thumb and index finger visible gripping the handle.

Lifestyle Change

Discipline -> Habits -> Unconscious
Patterns



**Following Jesus in the everyday
stuff of life =
developing unconscious Jesus-
centered patterns**

A top-down view of a breakfast table. On the left, a green plate contains a bowl of cereal with milk and several round, golden-brown cereal pieces. On the right, a white ceramic cup filled with dark coffee is being held by a hand. The background is a light-colored surface.

Acts 17:24-28 (NASB)

²⁴ "The God who made the world and all things in it, since He is Lord of heaven and earth, does not dwell in temples made with hands; ²⁵ nor is He served by human hands, **as though He needed anything**, since **He Himself gives to all *people* life and breath and all things**; ²⁶ and He made from one *man* every nation of mankind to live on all the face of the earth, having determined *their* appointed times and the boundaries of their habitation, ²⁷ that they would seek God, if perhaps they might grope for Him and find Him, though He is not far from each one of us; ²⁸ **for in Him we live and move and exist**, as even some of your own poets have said, 'For we also are His children.'



Each day starts with a plan



Developing Unconscious Patterns

- Listen to God
- Rest in God
- Understand the story
- Bless others
- Celebrate Life
- Eat in remembrance