

HABITS **OF THE HEART**

WEEK 4

Welcome to week 4 of Habits Of The Heart

Many of us have things that we focus on and we think that if we can fix this, work on this, will power, and strength.... When I get this done then I'll have peace! That's not the process!
We put our focus on the new habit.... Bigger then that, we fix our eyes one Jesus!

Have you ever heard the saying - "Time is money!"

† We are finding so many new ways to save time. BUT .. We still have way too much to do.. although we have so many more tools to help us save time, we have less then ever!

BAD HABIT - We have a bad habit of overworking our bodies and minds and than giving the scraps to God and our families.....

I wish I could share the amount relationships that have the EXACT same problem..... "We dont spend quality time together."

? I can tell you this, if you are having a hard time making time for your family, then it's likly that you are also not spending quality time with God!

We have such a bad habit of making time for the things that matter least and not enough time for things that matter Most.

Matter the least

We all have this one thing in common....

The end is coming.... We can't escape that we are running out of time. Using our time to make our lives meaningful.



You can be replaced at your job, replaced in your hobbies and fantasy football teams..... the only place that you're irreplaceable is in your home! We need to find BALENCE!

James 4:13-14 (NKJV)

Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit"; whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.

If today was your last, almost all of our regrets would be rooted in "time" I wish I spent more time with.....

So today I want to talk about how to fight the habit of busyness.

Ephesians 5:15-16 (NKJV)

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.

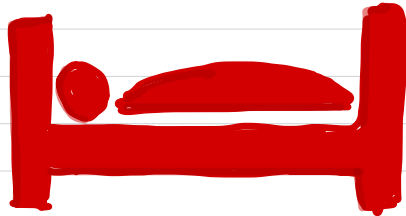
This is about slowing down to walk carfully, using wisdom and making the most out of the time we have!

Psalm 90:10–12 (NKJV)

The days of our lives are seventy years; And if by reason of strength they are eighty years, yet their boast is only labor and sorrow; for it is soon cut off, and we fly away. Who knows the power of Your anger? For as the fear of You, so is Your wrath. **So teach us to number our days, That we may gain a heart of wisdom.**

Holy Heart Habit is Rest

1- Rest



Mark 6:30–31 (NLT)

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

The solution to your busyness isn't found in staying up till 3am every night, waking up at six, working till 6pm, coming home barking at the family till the kids go to be at 8... and then repeating it all over again...

For many people the reason why they aren't ablt to spend quality time with their family is because THEY ARE TIRED!

You have formed a habit of draining your mind and body and forgot that resting is actually a way to honor God and trust in His provision.

Luke 5:13–16 (NKJV)

Then He put out His hand and touched him, saying, "I am willing; be cleansed." Immediately the leprosy left him. And He charged him to tell no one, "But go and show yourself to the priest, and make an offering for your cleansing, as a testimony to them, just as Moses commanded." However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities. So He Himself often withdrew into the wilderness and prayed.

This might be all you need to hear today... You are drained, tired, and you have a short fuse because you have forgotten how to rest!

Lack of sleep - causes poor cognitive functions, mood swings, mental health problems, physical health problems, work related injuries..

MEMORY VERSE -

Psalm 46:10a (NKJV)

Be still, and know that I am God

2 - Prioritize

I have seen so many people fill their lives with things that will mean nothing in all eternity. We fill our lives and kids lives with meaningless unimportant things

Luke 10:38-42 (NLT)

As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

We have to prioritize the important.

1. God
 2. Spouse
 3. Kids
 4. Job
 5. Friends
- etc... *Hobbies*

Jonah on Sat.

Never let something lower on the list replace something higher on the list... because it will unbalance your entire life!



Illustration of the Jars...

Putting God first in our lives is about giving Him our time and treasure..... Only 10% of church members tithe (10%)

Giving Can Help Break the Habit

Before the Law :

Genesis 14:20 (NLT)

And blessed be God Most High, who has defeated your enemies for you." Then Abram gave Melchizedek a tenth of all the goods he had recovered.

praise

Genesis 28:22 (NLT)

And this memorial pillar I have set up will become a place for worshiping God, and I will present to God a tenth of everything he gives me."

worship

Tithing in the Law: All Israelite families were asked to give one-tenth of their produce, flocks, and herds. That amount was set aside and given to the Lord annually to support the Levites in their priestly service

Leviticus 27:30 (NLT)

One tenth of the produce of the land, whether grain from the fields or fruit from the trees, belongs to the Lord and must be set apart to him as holy.

Jesus

Matthew 23:23 (NLT)

"What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are careful to tithe even the tiniest income from your herb gardens, but you ignore the more important aspects of the law—justice, mercy, and faith. You should tithe, yes, but do not neglect the more important things.



This about trusting God's provision!
Story about VA moving to NH

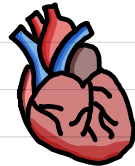
TRUST

Malachi 3:8-10 (NKJV)

“Will a man rob God? Yet you have robbed Me! But you say, ‘In what way have we robbed You?’ In tithes and offerings. You are cursed with a curse, For you have robbed Me, Even this whole nation. Bring all the tithes into the storehouse, That there may be food in My house, And try Me now in this,” Says the Lord of hosts, “If I will not open for you the windows of heaven And pour out for you such blessing That there will not be room enough to receive it.

Matthew 6:19-21 (NLT)

“Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.



WHAT DOES MONEY HAVE TO DO WITH REST.... We are chasing it and NOT RESTING - TIME IS MONEY!

Time is money until you realize that you are going to dye. Think of it this way.. if I offered you 1 million dollars.... Most of us would say... yes!

But if I said - the moment you take the million, you have 1 hour left to life.... if you're sane.... You would reject it! Your hour of life is worth more! The potential life remaining is worth more than that.

God first - Treasure ----> AND TIME
Start Your day with the Word and prayer
End your day with the Word Prayer

Start ✓
END ✓

Matthew 6:5-13 (NLT)

“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. 6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. “When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don’t be like them, for your Father knows exactly what you need even before you ask him! Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don’t let us yield to temptation, but rescue us from the evil one.

Jesus constantly made time to rest and refresh, time for prayer, Time for rest, time to get away but himself to be still.

Where are you making time for Jesus? Start with Him

Faith isn't about working for God's love... it's about Resting in the finished work of Jesus!

Matthew 11:28–30 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."