

Life Group Questions and Message Notes

1. What things are weighing heavy on you currently?
2. How do you remind yourself to give your issues over to God?
3. What are 2-3 things that you need to better prioritize in your day?

Habits: The 24 Hour Rule

Pastor Kerry Shook – January 31st, 2021

“And God said, ‘Let there be light,’ and there was light. God saw that the light was good, and He separated the light from the darkness. God called the light ‘day,’ and the darkness He called ‘night.’ And there was evening, and there was morning—the first day.”
Genesis 1:3-5 (NIV)

“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.”
Matthew 11:28-30 (NLT)

1. PRIORITIZE DAILY HABITS

“... My yoke fits perfectly....”

Matthew 11:29 (TLB)

- Ask God what should be on my list

“If you want to know what God wants you to do, ask Him, and He will gladly tell you, for He is always ready to give a bountiful supply of wisdom to all who ask Him; He will not resent it.”

James 1:5 (TLB)

- Write out my list
- Dedicate my day to God

“Reverence for God adds hours to each day....”

Proverbs 10:27 (TLB)

2. EXPECT DIVINE INTERRUPTIONS

“Keep company with Me and you’ll learn to live freely and lightly.”

Matthew 11:30 (MSG)

“We make our plans but the Lord determines our steps.”

Proverbs 16:9 (NLT)

- ***Discern the difference between Divine appointments and daily distractions***

3. DECIDE TO LIVE IN THE MOMENT

“Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace.”

Matthew 11:29 (MSG)

“See then that you walk circumspectly, not as fools but as wise, redeeming the time....”

Ephesians 5:15-16a (NKJV)

“I tell you, now is the time of God’s favor, now is the day of salvation.”

2 Corinthians 6:2 (NIV)

4. LEAVE THE DAYS BURDENS WITH GOD

“Come to Me all of you who are weary and carry heavy burdens, and I will give you rest.”

Matthew 11:28 (NIV)

“The Lord’s acts of mercy indeed do not end, For His compassions do not fail. They are new every morning; Great is Your faithfulness.”

Lamentations 3:22-23 (NASB)