



THE POWER TO CHANGE

Part 3: Holy Habits

Hope alone won't change your life; habits will!

Based on who you want to become, what's one habit you need to start?

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." - 1 Timothy 4:8 NLT

Big Power in One Small Habit

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God. - Daniel 6:10 NLT

I decree that everyone throughout my kingdom should tremble with fear before the God of Daniel. For he is the living God, and he will endure forever. His kingdom will never be destroyed, and his rule will never end. 27 He rescues and saves his people; he performs miraculous signs and wonders in the heavens and on earth. He has rescued Daniel from the power of the lions. - Daniel 6:26-27 NLT

Never underestimate how God can start something big through one small habit!

How do you create a new habit?

Habit Loop: Cue ⇒ Craving ⇒ Response ⇒ Reward

If you want to change what you do, change your cues!

1. Make it OBVIOUS!

"And let us consider one another in order to provoke love and good works, 25 not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching." - Hebrews 10:24-25 CSB

2. Make it EASY!

Do not despise these small beginnings, for the Lord rejoices to see the work begin. - Zechariah 4:10 NLT

TALK IT OVER

- Read Hebrews 10:25. What are some ways that you meet with and encourage one another regularly?
- Talk about some of your current habits. In what ways are they honoring God? How could you use these existing habits to start one new habit?
- Share about a time when you experienced change through spiritual transformation. How was that different from times you've tried to change through behavior modification?


Suggested Reading Plan: [The Power to Change](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery is available for children up to age 4, and KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 Tuesdays 5:30-6:30 PM. See Sharee Haromontelongo for more info.
- **Finish Line Youth** for ages 12-12th grade Fridays 7- 8:30 PM. See Pastor James for more info.
- **Youth Group Bake Sale** March 12 & 26. All proceeds will go to our youth group to help offset the cost of Youth Convention and other activities!
- **Family Movie Night** March 24 @ 6:30 PM. See Sharee for more info!
- **March Missions Focus:** The DeMartinos, Missionaries to Mexico, are fundraising to buy a building from which they can serve the hungry and homeless. The church council has decided to give \$1000 to this mission, and we will match what you give, up to \$1000! Make checks payable to New Life, and write "DeMartinos" in the memo or on your envelope.

Check out our newly redesigned website @ newlife-saugerties.org!

And, download our new mobile app!


New Life Assembly of God

Available in App Stores

