



## Man Up • Session 4: Developing A Good Routine

Men's Midweek Bible Study

Pastor Dale Campbell

### Man U • Session 4: Developing a Good Routine

#### I. Review

##### A. Previous Session

1. The Making of a man
2. Stretch Yourself
3. The benefit of resets

#### II. Developing a good routine.

##### A. Routine Definition

1. A sequence of actions regularly followed.
2. A fixed program.
3. A regular course of procedure

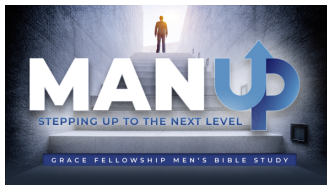
##### B. The Importance of maintaining structure and routine

1. Implementing structure will give you a sense of control. The benefits include:
  - a. Less stress
  - b. Better physical and mental health
  - c. Better focus
  - d. More productivity

*“When people don't have a routine or structure to their day it can cause increased stress and anxiety, as well as overwhelming feelings, lack of concentration, and focus.”— RACHEL GOLDMAN, PHD*

#### 2. God's implementation of routine and structure.

- A. **Genesis 2:1-3 NKJV** “Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God



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blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

**B. Ex 16:23 KJV** “And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.”

a. **God established a routine “REST” for his people that was to be repeated weekly.**

b. *While the Sabbath is a type and shadow of the “Rest” that will come through Jesus in the New Covenant, we can still see how God STRUCTURED things to keep us on track.*

### C. The Passover

**Exodus 12:13-14 KJV** “And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt.”

- Passover was one of many observances that Israel was to participate in each year. *God established these things as part of their annual routine.*

### D. The Hour of Prayer

**Acts 3:1** “Now Peter and John went up together to the temple at the hour of prayer, the ninth hour.”

**Note:** *While God did not establish the hour of prayer as practiced throughout Jewish history, we can still see the disciples following this time of prayer as a spiritual discipline – or good routine.*



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### E. Early Church Routine

**Acts 2:46-47 NKJV** “So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.”

### F. Jesus' Routine

**Luke 4:16 NKJV** “So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.”

- *Some modern translations say that He went to the temple as usual.*

**NOTE: It is evident through Biblical and natural examples that establishing structure and daily routine are essential for a productive life.**

*Until an action becomes a routine – you will not receive the full benefit from it.*

## III. Establishing Routine

### A. Simple practices to establishing routines in your life.

#### 1. Start simple.

- a. Establish a “Start-up” time for your day.
- b. Establish a “Shut -down” time - Bedtime.
- c. *These are to great places to begin establishing good habits.*

#### 2. Write down some specific goals for 2023. What routine will you need to establish in order to accomplish these goals?

- a. Educational goals will require a *routine study time*.
- b. Financial goals – will require a routine savings plan or specific actions to reduce your debt.



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- c. Spiritual goals – will require a routine time for – *church attendance – giving – serving – study*
- d. Family and Marriage – *Develop a routine – date night – family night – REMEMBER – you do not receive the full benefit of the action until it becomes a routine.*
- e. Exercise - will require a set time. **NOTE:** *If going to the gym isn't an option – stack exercise into some of your other routines.*

**3. If you are a person who is not given to structure, start with some simple daily tasks to develop the good habit of staying with a task. NOTE:** *This list will be uniquely different depending upon your circumstances.*

- a. Make your bed.
- b. Straighten your living space.
- c. Read something every day – be sure to include scripture.
- d. Practice a simple schedule for tasks. *Such as showering – eating – exercise – etc.*

**REMEMBER** - *The goal is to establish consistency and the ability to stay with what we start. Do not overwhelm yourself with LARGE GOALS.*