

# HABITS - Part 2

## Starting

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Part of Habits

January 16, 2022

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**A Duke University study found that \_\_\_\_% of the actions we take each day are not the result of decisions but of habits.**

**If I want to change who I'm becoming, it's generally easiest and best to do that by changing my \_\_\_\_.**

*You don't rise to the level of your goals; you fall to the level of your systems.*

*—James Clear (Atomic Habits)*

*Darius the Mede decided to divide the kingdom into 120 provinces, and he appointed a high officer to rule over each province. The king also chose Daniel and two others as administrators to supervise the high officers and protect the king's interests. Daniel soon proved himself more capable than all the other administrators and high officers. Because of Daniel's great ability, the king made*

*plans to place him over the entire empire.*

*—Daniel 6:1-3 (NLT)*

*Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs, but they couldn't find anything to criticize or condemn. He was faithful, always responsible, and completely trustworthy.*

*—Daniel 6:4 (NLT)*

**The “administrators and high officers” were judging Daniel by his \_\_\_\_.**

*So they concluded, ‘Our only chance of finding grounds for accusing Daniel will be in connection with the rules of his religion.’*

*—Daniel 6:5 (NLT)*

*So the administrators and high officers went to the king and said, ‘Long live King Darius! We are all in agreement—we administrators, officials, high officers, advisers, and governors—that the king should make a law that will be strictly enforced. Give orders that for the next thirty days any person who prays to anyone, divine or human—except to you, Your Majesty—will be thrown into the den of lions. And now, Your Majesty, issue and sign this law so it cannot be changed, an official law of the Medes and Persians that cannot be revoked.’ So King Darius signed the law.*

*—Daniel 6:6-9 (NLT)*

*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)*

**What did Daniel do - he \_\_\_\_, “three times a day, just as he had always done, giving thanks to his God.”**

**Never underestimate what God can do through one small \_\_\_\_.**

**What we see in Daniel's life is that his habit of praying three times a day \_\_\_\_ him and his whole life so that God could use him in all kinds of powerful ways.**

**In his book, *The Power of Habits*, Charles Duhigg talks about what he calls a keystone habit, a habit that once you put into place, over time, can initiate \_\_\_\_ small habits that transform us.**

**Last Week's Assignment: Who do I want to become?**

**This Week's Assignment: Based on who I want to become, what one habit do I need to *start*?**

**We all have habits and systems, by intent or by \_\_\_\_.**



**The trigger for a new habit needs two very important things:**

- **Make the trigger \_\_\_\_.**
- **Make the action \_\_\_\_.**

**A Systems Formula (habit): I will do \_\_\_\_ after I \_\_\_\_.**

**Never underestimate what God can do when you faithfully take the next \_\_\_\_ step, when you create a habit that helps you become more like Jesus.**

*‘Do not despise these small beginnings, for the LORD rejoices to see the work begin....*

*—Zechariah 4:10 (NLT)*

*Successful people do consistently what other people do occasionally.*

*—Pastor Craig Groeschel*

**People who are close to God, who experience His peace and joy, aren’t there by \_\_\_\_.**

***Jesus:** ‘If you are faithful in little things, you will be faithful in large ones....*

*—Luke 16:10 (NLT)*

[Forever Home](#) - Churchwide Study Begins January 30

[GroupLink](#) - January 23

**Next Week: Stopping (Stopping Bad Habits)**