



**Sunday January 08, 2023**  
**Daily Habits, Daily Routines**

**Review of the Word of the Lord 2023**

**Word of the Lord 2023**

**Your blessing is coming! Pray through till breakthrough!**

(Based on 1 Kings 18:1-2,41-46, James 5:16-18)

- 1, The present condition
- 2, The promise of God
- 3, The prayer of faith
- 4, The persistence required and two stories of persistence
- 5, The precursor of the blessing
- 6, The preparation to receive
- 7, The promise fulfilled

God's promises to you will be fulfilled!

You will receive your blessing!

Your blessing is coming! Pray through till breakthrough!

**Application for your personal life, for us as a church community.**

**Today:**

**Daily Habits, Daily Routines**

**THE POWER OF HABITS AND ROUTINES**

A general definition of a habit is a behavior that is performed regularly—and, sometimes, automatically.

A routine is the repetition of behavior (or actions) intentionally in a periodic manner (daily, weekly, monthly).

***Our habits and routines shape us into what we become.***

Character, values, perspectives are shaped by what we do regularly.

***Our habits and routines generate the resources we carry within us.***

Our inner strength, our emotional strength, focus, determination, etc. are renewed through the habits and routines we maintain.

***Our habits and routines determine the direction and destination of our lives.***



Success is not an accident but usually the result of good habits and routines.

### THE EXAMPLE OF DANIEL

Daniel a Jew served in the courts/palace of three different foreign empires, the Babylonians, Medes and then the Persians. He was a man known for his integrity, wisdom and excellence. We can point to his daily habits and routines as an important factor in forging Daniel into who he became and the consistency he maintained over a long period of time.

#### Daniel 6:10

Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, **as was his custom since early days.**

### THE EXAMPLE OF JESUS

During His earthly life we see Jesus going away into the mountains to pray. This was a habit of His as recorded here in Luke 22.

#### Luke 22:39-40

39 Coming out, He went to the Mount of Olives, **as He was accustomed,** and His disciples also followed Him.

40 When He **came to the place,** He said to them, "Pray that you may not enter into temptation."

### THE WHY, THE WHAT, THE HOW

In life, the WHY (our motivation) fuels and powers the WHAT and the HOW. If we have a strong enough WHY (motivation), we can overcome any WHAT (what is to be done) and HOW (how to go about doing it).

Now, let's discuss these three:

**MOTIVATION (THE WHY)**

**PRIORITIES (THE WHAT)**

**SCHEDULE AND SPACE (THE HOW)**



While we are primarily addressing things from the perspective of a believer and a follower of Jesus Christ, you can apply these principles to any area of your life – your studies, your workplace, your home, volunteering in church, your ministry, etc.

### **MOTIVATION (THE WHY)**

Why should I develop good daily habits and a daily routine?

We will mention two good reasons for a believer. You can add to this list, and some may be personally more important to you than other reasons.

### **MOTIVATION #1: STEWARDSHIP**

As believers we look at all we have – the life we live, the breath in our lungs, the families, the friendships, the time, energy, skills, money, opportunities, etc. as a gift from God. God has graciously given these to us, and we are stewards of everything He has placed at our disposal.

Example:

You know your body is God's temple. So you want to do the best you can to take good care of your body, using the knowledge we have and discipline we can apply.

#### **1 Corinthians 6:19-20**

**19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?**

**20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.**

With this in mind we establish good habits and daily routines (exercise, diet, sleep, recreation) that all serve to take care of our bodies.

We do the same thing for other areas of life.

### **MOTIVATION #2: PURSUIT**

Another strong motivator for establishing good daily habits and routines is what we are pursuing. All of us want to do God's will for our lives and fulfill His purpose, do everything He has assigned for us to do.

#### **Philippians 3:12-14**



**12 Not that I have already attained, or am already perfected; but I PRESS ON, that I may lay hold of that for which Christ Jesus has also laid hold of me.**

**13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and REACHING FORWARD to those things which are ahead,**

**14 I PRESS TOWARD the goal for the prize of the upward call of God in Christ Jesus.**

Each of us must be in pursuit of fulfilling God's purpose or assignment for our lives. (We will discuss this further in the coming Sundays).

In our pursuit we must understand the importance of GOALS and the PROCESS. Both of these are very important.

GOALS define our DESTINATION, give us DIRECTION, and show us the DISTANCE we still must cover. Hence having GOALS is important.

But GOALS by themselves are just a wish list. GOALS are not achieved by just writing them down or talking about them.

What turns GOALS into reality is the PROCESS, what we do on a daily basis, to get towards our GOALS. This is the "pressing on" the "reaching forward" the "pressing toward" that the apostle Paul mentions.

The PROCESS (good daily habits and routines) is what will help us reach our goals.

For those in engineering, or organizational development we use the term SYSTEMS AND PROCESSES that we must be in place to achieve our goals for our team, department, or business unit. The systems and processes must be continuously improved, refined and taken up to new levels to help the team reach the goals set for them.

Now, let us discuss the WHAT.

### **PRIORITIES (THE WHAT)**

Our priorities determine THE WHAT.

God is interested in the well-being of our spirit, soul and body (1 Thessalonians 5:23).

We need to establish good daily habits and daily routines to take care of each of the areas of life that matter to us and are important to us:



**Spiritual life** : good daily habits and routines include taking time to read the Word of God, worship and pray. We have weekly habits and routines including Life Groups, prayer groups and Church services.

**Soul (Mind)** : Good habits and routines will include learning, reading, and continually educating ourselves in our areas of work / interest.

**Body** : We've mentioned this earlier, eating right, exercising, staying healthy, etc. While we exercise ourselves in godliness, we also take care of our body through exercise (1 Timothy 4:12)

**Family** : establishing good habits and routines to nurture family relationships.

**Relationships** : establishing good habits and routines to maintain healthy friendships.

**Ministry/Serving God and people** : establishing good habits and routines to serve God and His purposes.

For each of the above areas, what are good habits and routines you are following? If you have not established good habits and routines, take time this week to think and put some habits you will develop in each of these areas.

**Start simple, start small, start easy. Small incremental changes will eventually bring big results.**

Here are some quotes from James Clear in his well-known self-help book *Atomic Habits* (2018). Please note this is a general self-help book, not a Christian book. It is a very useful read.

*"The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow."*

*"The difference a tiny improvement can make over time is astounding."*

*"Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them."*

*"Success is the product of daily habits—not once-in-a-lifetime transformations."*



*“Breakthrough moments are often the result of many previous actions, which build up the potential required to unleash a major change.”*

### **SCHEDULE AND SPACE (THE HOW)**

Finally, in order to establish good daily habits and routines, we need to discuss THE HOW. One of the key factors in THE HOW is to fix SCHEDULE AND SPACE (fix a time and place).

We must take control of our time and how we are using it.

#### **Ephesians 5:15-16**

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

God who dwells outside time, in dealing with us, works in time, on time, as it matters to us.

(Psalm 31:15; Daniel 2:22)

#### **SCHEDULE: TIME OF DAY, DAY OF THE WEEK**

Daily

Weekly

Monthly

Plan out your habits and routines by assigning a time of day, or day of week. Some habits and routines may be repeated daily, weekly or monthly.

Consider a few Biblical examples:

#### **The Daily Ministry of the Priest – Every Morning and Evening**

The priest was to minister to God every morning and evening. There was a set time and place for this to happen.

#### **Exodus 30:7-8 (Hebrews 10:11)**

**7 "Aaron shall burn on it sweet incense every morning; when he tends the lamps, he shall burn incense on it.**

**8 And when Aaron lights the lamps at twilight, he shall burn incense on it, a perpetual incense before the LORD throughout your generations.**



## The Daily Prayer Routine of David

David seems to have maintained a daily prayer routine like Daniel.

### Psalm 55:16-17

**16 As for me, I will call upon God, And the LORD shall save me.**

**17 Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.**

### SPACE: VENUE, PLACE

Another important factor in establishing good habits and routines is to have a fixed space (venue, place) to practice your habits and routines.

Daniel went to his room and faced Jerusalem.

Jesus went to a mountain (often the Mount of Olives)

### Matthew 14:23

**And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.**

### Mark 1:35

**Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.**

### Mark 6:46

**And when He had sent them away, He departed to the mountain to pray.**

### Luke 6:12

**Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.**

### John 6:15

**Therefore when Jesus perceived that they were about to come and take Him by force to make Him king, He departed again to the mountain by Himself alone.**

Jesus taught us to go into our room

### Matthew 6:6



But you, when you pray, go into **your room**, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

## **NO LEGALISM**

While we believe in discipline, we are not advocating legalism. We recognize that New Testament teaches us to pray without ceasing, and to do so in spirit and truth not on any particular place or mountain, but we can definitely learn something about the practice of prayer.

While we remain flexible and have room for change and creativity, so that boredom does not set in, getting back to the set space regularly helps maintain rhythm and reinforces MOTIVATION and PRIORITIES.

REVIEW:

**THE POWER OF HABITS AND ROUTINES**

**MOTIVATION (THE WHY)**

**PRIORITIES (THE WHAT)**

**SCHEDULE AND SPACE (THE HOW)**

## **SALVATION CALL**

## **SUPERNATURAL MINISTRY TIME**

**Minister as the Spirit leads**





  
**LIFE GROUP STUDY GUIDE**  


**Sunday January 08, 2023**  
**Daily Habits, Daily Routines**

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

**Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

**Welcome**

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

**LISTEN to God's Word**

Read the following Scripture references: *Daniel 6:10; Luke 22:39-40; Exodus 30:7-8*

**INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1, Discuss the power of good habits and routines? We mentioned three:*

*Our habits and routines shape us into what we become.*

*Our habits and routines generate the resources we carry within us.*

*Our habits and routines determine the direction and destination of our lives.*

*Discuss these and feel free to add to these.*



*2, What could be strong motivators for developing and maintaining good daily habits and routines? We mentioned two: Stewardship and Pursuit. Discuss these and feel free to add to these.*

*3, Discuss the importance of understanding PRIORITIES (THE WHAT) and also SCHEDULE AND SPACE (THE HOW) in establishing good daily habits and routines?*

*4, For 2023, make a personal memo of the good daily habits and routines you will work on. Remember, start simple, start small, start easy. Small incremental changes will eventually bring big results.*

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

#### **FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

#### **ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

*1, families to be protected and strengthened*

*2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*

*3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



**USEFUL RESOURCES**



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>

## SERMON OUTLINE

This sermon provides insight into the importance and practice of developing and maintaining good daily habits and routines. Our habits and routines shape us into what we become. Our habits and routines generate the resources we carry within us. Our habits and routines determine the direction and destination of our lives. Success is not an accident but usually the result of good habits and routines. In life, the WHY (our motivation) fuels and powers the WHAT and the HOW. If we have a strong enough WHY (motivation), we can overcome any WHAT (what is to be done) and HOW (how to go about doing it). GOALS define our DESTINATION, give us DIRECTION, and show us the DISTANCE we still must cover. Hence having GOALS is important. But GOALS by themselves are just a wish list. GOALS are not achieved by just writing them down or talking about them. What turns GOALS into reality is the PROCESS, what we do on a daily basis, to get towards our GOALS. This is the “pressing on” the “reaching forward” the “pressing toward” that the apostle Paul mentions. The PROCESS (good daily habits and routines) is what will help us reach our goals.

## KEYWORDS



Habits, disciplines, routines, goals, priorities, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

### REFERENCES/CITATIONS

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Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

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