

PRAYER UPDATE

Helen Bloomstrand, William Scott, Mark Bounds, Benjamin Carranza, Michael Thompson, Doty Harlan, Frank Cousins and Richard Tate - are at Dominican this past week. Pray for God's peace and healing.

Al Dyck - has had major unexpected complications and is now home on hospice. His wife is also home on hospice. Pray for peace for the family as they go through this very difficult time.

Mary Prevost - is at Kindred recovering from a broken leg and arm. Pray for complete recovery and for God's peace and comfort.

Pauline Roby - is having aortic valve replacement on 1/12 at Dominican. Pray for successful surgery.

Chuy Garcia - is cancer free and Deanna and Chuy are going to New Zealand and Australia for a month! Pray for good health and recovery.

Kevin Miller - is a Christmas miracle after having a heart attack on 12/16. Please continue to pray for complete healing as he recovers at home.

HOME WITH THE LORD

Bob Thomas - There will be a memorial service for Bob this Wednesday, January 11th, in Monschke Hall, Rm 707 at 11am with a reception following.

If you would like to minister to a shut-in with a regular visit, or if you'd like us to visit your loved ones in the hospital please contact Carrie Clark 465-3368 | care@tlc.org

A complete prayer list is available at the Info Desk.



HABITS

HOW MY HABITS WORK—AND CAN CHANGE

JAN 7 & 8 | RENÉ SCHLAEPFER

KEY VERSE:

A man reaps what he sows. Whoever sows to please his flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. So let us not become weary in doing good, for at the proper time **we will reap a harvest if we do not give up.** Galatians 6:7b-9 NIV

KEY QUESTION:

How do I purposely develop life giving habits?

KEY CONCEPT:

It's not easy to _____ a bad habit...
but it's relatively easy to _____ a new habit that
crowds out the old.

HOW HABITS WORK

THE HABIT LOOP:

- The _____
(Feeling loneliness, hunger, pain, etc.)
- The _____
(Drinking, eating, raging, compulsive behaviors, etc.)
- The _____
(Buzz, release, distraction, pleasure, etc.)

Three kinds of rewards:

- PLEASURE: "I _____"
- SOCIAL: "I am _____"
- ACHIEVEMENT: "I am _____"

The habit loop is in Scripture repeatedly. One example:

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus. Philippians 4:6-8 TLB

HOW HABITS CHANGE

1. Identify your **cues**, substitute a new **routine**, and enjoy the **rewards**

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. 1 Peter 3:9

2. Focus on a _____ habit

Blessed is the one... whose delight is in the law of the LORD, and who **meditates** on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and its leaf does not wither, in all he does, he prospers. Psalm 1:1b,2-3

Possible keystone habits for you:

Exercise	Journaling	Worship music
Bible study	Fellowship	Bible memorization
Service	Family dinner	Gratitude
Other: _____		

3. Trust in _____

Work out the salvation that God has given you with a proper sense of awe and responsibility. **For it is God who is at work within you**, giving you the will and the power to achieve his purpose. Philippians 2:12b-13 Philips

RESOURCES USED IN THIS WEEK'S SERMON:

The Power of Habit, Charles Duhigg
I Really Want to Change, So Help Me, God, James MacDonald
The Power of Habit, Sermon series by Dr. Worth Green,
New Philadelphia Church, Winston-Salem, North Carolina

NEED HELP WITH AN ADDICTION?

TLC Recovery groups meet Monday and Thursday nights at 7pm

MEMORY VERSE

So let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 NIV

DAILY DEVOTIONS

Start the daily devo habit! Text "**tlc**" to **34444** and get free daily videos every morning!

VERSES FOR DAILY MEDITATION

These are some of the verses I wrote on my 3x5 cards... Meditate on at least one every day this week at the same time of day... If you feel like reading more than one, do it!

(God says) "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." **Isaiah 41:10 NLT**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **Philippians 4:6 NLT**

I will never leave you nor forsake you. **Hebrews 13:5**

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. **Hebrews 12:2**

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. **2 Corinthians 3:18**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **Philippians 4:8**

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. **Galatians 6:9**

Be on your guard; stand firm in the faith; be men of courage; be strong. **1 Corinthians 16:13**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **Colossians 3:12**