



Key Scripture:

Psalm 1:1 NIV

Blessed is the one who obeys the law of the Lord.
He doesn't follow the advice of evil people.

He doesn't make a habit of doing what sinners do.

He doesn't join those who make fun of the Lord and His law.

Christlike Rhythms

Matthew 11:27-30 Message

27 Jesus resumed talking to the people, but now tenderly.

"The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to myself; ***I'm ready to go over it line by line with anyone willing to listen.***

28 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29 Walk with me and work with me — watch how I do it. ***Learn the unforced rhythms of grace.*** I won't lay anything heavy or ill-fitting on you. 30 ***Keep company with me*** and you'll learn to live freely and lightly."

Rhythm: a behavior repeated so many times that it becomes automatic.

Levels of Behavior Change

- ✓ **Results** are (what) you get.
- ✓ **Systems** are (how) you do it.
- ✓ **Identity** is about (who) you are and want to become.

Develop a Good Habit... Break a Bad Habit...

- ✓ **Make It...Obvious** **Make It...Invisible**
- ✓ **Make It...Attractive** **Make It...Unattractive**
- ✓ **Make It...Easy** **Make It...Difficult**
- ✓ **Make It...Satisfying** **Make It...Unsatisfying**

Small Disciplines (t) = Big Results

Notes: _____

Habits

Unforced Rhythms

Unforced Rhythms of Grace...

1. Consuming the Word of God.

Matthew 4:4 NKJV

4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'

✓ I will consume the Word of God at ____:____ am/pm in _____.

2. Praying & Fasting

Matthew 6:6-8 CEV

6 When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you.

7 When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers.

✓ I will pray at ____:____ am/pm in _____.

3. Relating with other believers

Matthew 18:20 NKJV

For where ***two or three are gathered together in My name***, I am there in the midst of them

✓ I will relate with believers at ____:____ am/pm in _____.

4. Generous Giving

Luke 6:38 NLT

Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap.

The amount you give will determine the amount you get back.

✓ I will give at ____:____ am/pm in _____.

5. Serving

Matthew 20:28 NLT

For even the Son of Man came not to be served but to ***serve others*** and to give his life as a ransom for many.

✓ I will serve at ____:____ am/pm in _____.

Notes: _____

