

DEVELOPING THE HABITS OF A CHRIST-FOLLOWER

Pastor Rick Reager

May 22, 2022

“²⁴ Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵ All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶ So I run with purpose in every step. I am not just shadowboxing. ²⁷ I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” 1 Corinthians 9:24-27

I. 12 DAILY HABITS FOR CHRIST-FOLLOWERS

1. AT THE START OF EACH DAY, _____ THEN

MAINTAIN _____ THE REST OF THE DAY

“³ Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectantly.” Psalm 5:3

“¹⁷ pray continually; ¹⁸ give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:17-18

“¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert...” Ephesians 6:18

KEY: Lay Down _____ & Ask God For _____

“²³ Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.” Luke 9:23

“¹ And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice--the kind he will accept. When you think of what he has done for you, is this too much to ask?” Romans 12:1

“¹⁵ So be careful how you live. Don’t live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don’t act thoughtlessly, but understand what the Lord wants you to do.” Ephesians 5:16-17

2. SPEND TIME _____

“⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” Joshua 1:8

“¹⁶ All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” 2 Timothy 3:16

3. PRAY OVER _____

“⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7

“¹ I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them.” 1 Timothy 2:1

4. GIVE GOD _____

“¹ Let the godly sing with joy to the LORD, for it is fitting to praise him.” Psalm 33:1

“¹ I will praise the LORD at all times. I will constantly speak his praises. ² I will boast only in the LORD; let all who are discouraged take heart.” Psalm 31:1-2

“² Let us come before him with thanksgiving. Let us sing him psalms of praise. ³ For the LORD is a great God.” Psalm 95:2-3

5. LOOK FOR SOMEONE WITH A NEED _____

“⁴⁵ 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.” Mark 10:45

“²⁸ If you can help your neighbor now, don’t say, Come back tomorrow, and then I’ll help you.” Proverbs 3:28

“¹² After washing their feet, he put on his robe again and sat down and asked, “Do you understand what I was doing? ¹³ You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. ¹⁴ And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. ¹⁵ I have given you an example to follow. Do as I have done to you.” John 13:12-15

6. _____ AT LEAST ONE SPIRITUAL FAMILY MEMBER

“²⁴ Let us think of ways to encourage one another to acts of love and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:24-25

“⁴² All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer. ⁴³ A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. ⁴⁴ And all the believers met together in one place and shared everything they had. ⁴⁵ They sold their property and possessions and shared the money with those in need. ⁴⁶ They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity— ⁴⁷ all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.” Acts 2:42-47

7. USE AT LEAST ONE OF _____

“⁷ A spiritual gift is given to each of us so we can help each other.” 1 Corinthians 12:7

“¹⁰ God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.” 1 Peter 4:10

“⁶ In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. ⁷ If your gift is serving others, serve them well. If you are a teacher, teach well. ⁸ If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability,

take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly." Romans 12:6-8

8. PRAY OVER & _____ TO MY _____

¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." Matthew 28:19-20

¹ I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. ² Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. ³ This is good and pleases God our Savior, ⁴ who wants everyone to be saved and to understand the truth. " 1 Timothy 2:1-4

9. HAVE ONE _____ WITH SOMEONE WHO IS _____

¹³ For "Everyone who calls on the name of the LORD will be saved." ¹⁴ But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? ¹⁵ And how will anyone go and tell them without being sent? That is why the Scriptures say, "How beautiful are the feet of messengers who bring good news!" Romans 10:13-15

KEY: Always be Ready To _____

10. POUR INTO _____ Example of Jesus

¹⁹ Therefore, go and make disciples... ²⁰ Teach these new disciples to obey all the commands I have given you..." Matthew 28:19-20

¹⁵ After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. ¹⁶ Jesus repeated the question: "Simon son of John, do you love me?" "Yes, Lord," Peter said, "you know I love you." "Then take care of my sheep," Jesus said. ¹⁷ A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep." John 21:15-17

11. _____ ANY & ALL _____ (SINS OF OMISSION OR COMMISSION)

¹⁹ Now repent of your sins and turn to God, so that your sins may be wiped away." Acts 3:19

12. _____ WHO SINNED AGAINST ME OR OTHERWISE HURT ME

& _____ FROM ANYONE I MIGHT HAVE HURT

¹⁴ If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins." Matthew 6:14-15

²³ "So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." Matthew 5:23-24

II. FOCUS TO MAINTAIN AS I WORK THROUGH THESE DAILY HABITS

1. REMAIN _____

“¹⁰ For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ephesians 2:10

“¹ Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. ² Think about the things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God.” Colossians 3:1-3

2. TRUST GOD TO DO SOMETHING _____

“¹² I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father.” John 14:12

“⁵⁸ So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.” 1 Corinthians 15:58

“²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” Romans 8:28

3. KEEP MY _____

“¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” Hebrews 12:1-2

“²⁴ Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. ²⁵ About three o’clock in the morning Jesus came toward them, walking on the water. ²⁶ When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!” ²⁷ But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage. I am here!” ²⁸ Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” ²⁹ “Yes, come,” Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. ³⁰ But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. ³¹ Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?” Matthew 14:24-31