

# The Christian Arsenal

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## THE 3 SPIRITUAL HABITS OF EFFECTIVE PEOPLE Building My Character Through Commitment

Dr. Ken Culver

### Part 3 of 5

#### INTRO: Habits Shape Our Lives.

Effective people develop habits that ineffective people are unwilling to commit to.

*“Take the time and the trouble to keep yourself spiritually fit.”* 1 Tim 4:7 (Ph)

Just like it takes effort to keep physically fit it takes effort to be spiritually fit. If you don't exercise you're going to be spiritually flabby.

*“Spiritual exercise will help you not only in this life, but in the next life too.”* 1 Tim. 4:7 (LB)

How do I get spiritually fit? Exercise spiritually!

3 Areas:     Your time.  
              Your money.  
              Your relationships.

If God is number one in your time, your money, and your relationships He's number one. If He's not – He's not – no matter what you say.

To develop any new habit you need to understand three things for it to stick.

1.     The reason - Why should I start the habit?
2.     The routine – How do I do it?
3.     The result – What's the payoff?

### THREE LIFE-CHANGING HABITS

#### 1.     GETTING TIME WITH GOD EVERY DAY

“Quiet Time” for Bible reading and prayer.

THE REASON: TO GET DIRECTION FROM GOD.

*“Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me ...”* Psalm 23:4 (LB)

THE ROUTINE: TO GET ALONE.

*“Jesus often withdrew to lonely places and prayed.”* Luke 5:16

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THE RESULT: YOU GET GOD'S HELP.

*"(Jesus) If you remain in me and my words remain in you then you may ask for anything you wish, and you shall have it!" John 15:7 (GN)*

With every promise there is a premise.

God says 2 things:

- 1) *"You remain in me ..."* (fellowship with me – get alone with me)
- 2) *"...my words remain in you ..."* (spend time in God's Word)

The best time to have a quiet time is when you are at your best.

## **2. GIVE A TITHE TO GOD EVERY WEEK.**

Tithing is the spiritual habit of giving back to God the first 10% of all I make.

THE REASON: TO DRAW ME CLOSER TO GOD.

*"Where your treasure is there your heart is also."* Matt. 6:21

Wherever I put my money is where my heart is.

Show me your schedule and your checkbook and I'll tell you what's really important to you no matter what you say is important.

*"The purpose of tithing is to teach you to always put God first in your life."* Deut. 14:23 (LB)

"God I want you to be first place in my life," but He's last place in my budget – that's a contradiction!

The Bible says that giving is an antidote to materialism.

THE ROUTINE: EVERY WEEK!

*"On the first day of every week, put aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn."* 1 Cor. 16:2 (LB)

On what day should we give – "On the first day ..." (Sunday)

THE RESULT: GOD'S BLESSING ON YOUR LIFE.

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*“Bring your whole tithe into my storehouse. Test me in this, says the Lord, and see if I won’t throw open the floodgates of heaven and pour out so much blessing that you won’t have enough room for it!” Mal. 3:10*

If you want God’s blessing on your life tithing is a habit you’re going to have to develop.

### 3. **GET TOGETHER WITH OTHER BELIEVERS REGULARLY.**

This is called fellowship – sharing and caring together in a small group.

THE REASON: ENCOURAGEMENT

*“Let us not give up the habit of meeting together ... instead, let us encourage each other ...” Heb 10:25 (GN)*

The fact is you’re never going to be an effective Christian if you try to go it alone.

Snowflakes are frail, but if enough of them stick together they can stop traffic

THE ROUTINE: IN CHURCH AND IN HOMES.

*“They met day after day, in the Temple courts and from house to house,” Acts 5:42*

Every Christian needs large group celebration and small group fellowship.

At W.C.C. we want our church to grow larger and smaller at the same time.

THE RESULT: BEING MORE EFFECTIVE IN YOUR CHRISTIAN LIFE.

*“Two are better off than one, because together they are more effective. If one falls down, the other can help him up. Ecc. 4:9-10 (LB)*

You never outgrow your need for small groups. You need to team up with other believers.

### **MAKE A GROWTH COVENANT**

*“We are making a binding agreement, putting it in writing, and our spiritual leaders are affixing their seals to it.” Neh. 9:39*

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## **MY GROWTH COVENANT**

I commit to a daily time with God (Personal Bible reading and Prayer)

I commit to a weekly tithe to God (Giving the first 10% of my income)

I commit to be a part of a team for God (I will find or start a small group that I can get involved in)

Signed \_\_\_\_\_ Date \_\_\_\_\_

Pastor \_\_\_\_\_ Date \_\_\_\_\_