

# The Christian Arsenal

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## THE 3 SPIRITUAL HABITS OF EFFECTIVE PEOPLE BACK TO THE FUTURE

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### Part 2 of 2

There is a lot of emphasis on physical exercise and being physically fit. But the Bible says that spiritual fitness is far more important than physical fitness. We're in a series on getting ready for 2003. Are you spiritually fit?

*"Take the time and the trouble to keep yourself spiritually fit."* I Tim. 4:4 (Phillips)

*"Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually and practice being a better Christian, because that will help you not only now in this life, but in the next life too."* I Tim. 4:9,10 (LB)

The difference between achievers and non-achievers, between successful people and failures, between effective people and non-effective people, are the habits that they develop.

### THREE LIFE-CHANGING HABITS

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

To develop a new habit you've got to understand 3 things:

- Why do I do this habit? – The Reason
- How do I do this habit? – The Routine
- What is the benefit in doing this habit? – The Result

I need to know:

The purpose  
The procedure  
The payoff

"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)

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## THE ROUTINE: TO GET ALONE WITH GOD.

*"[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)

WHEN IS THE BEST TIME FOR THIS? When you are at your best.

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

"Tithing" – giving the first 10% of my income back to God.

WHY? Because God says so. It is a symbol, a sign, of what's important in my life.

## THE REASON: TO DRAW CLOSER TO GOD.

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

WHEREVER I PUT MY MONEY – THAT'S WHERE MY HEART IS!

TITHING MAKES ME LIKE GOD BECAUSE GOD IS A GIVER.

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

We're in a materialistic world. The only way to fight materialism is to do the exact opposite – GIVE.

## THE ROUTINE: ON THE FIRST DAY OF EVERY WEEK – SUNDAY.

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

## THE RESULT: INCREDIBLE BLESSING.

*"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

There are more promises in the Bible related to giving than any other thing.

You've got to decide in life one of two ways:

- Am I going to be a taker or a giver?

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- Am I going to be miserable as a miser or be a giver and be happy?

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

“Fellowship” – with others in a small group and a large group.

**THE REASON: TO BE ENCOURAGED BY EACH OTHER.**

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

FACT: You will never be an effective Christian if you try to do it alone. There is no such thing as Lone Ranger Christians.

**THE ROUTINE: AT CHURCH AND IN HOMES.**

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

“Greek idiom” – literally means as often as you can, not necessarily daily.

YOU NEED LARGE GROUP CELEBRATION AND SMALL GROUP INTIMACY.

**THE RESULT: I BECOME A MORE EFFECTIVE CHRISTIAN.**

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

These three are indispensable habits. I don't think they're optional if you're serious about being spiritually fit.

They represent the three most important areas in your life.

- Your time
- Your money
- Your relationships

## A GROWTH COVENANT

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

**I COMMIT TO:**

1. **A DAILY TIME WITH GOD** – Personal Bible reading and prayer.

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If Jesus thought it was important, you better think it's important.

2. **A WEEKLY TITHE TO GOD** – Give the first 10% back to God because you want God's blessing on your life and your finances.

Say, "God, in faith, I'm believing that if I tithe, You're going to provide for all my needs financially."

3. **A COMMITTED TEAM FOR GOD** – You will get with a small group and join the church (large group) because you want your life to count in 2003 for God.

*"It takes time and trouble to keep yourself spiritually fit. Bodily fitness is of limited value, but spiritual fitness is of unlimited value for it holds promise for this present life and for the life to come." I Tim 4:7-10 (GN)*

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Signature

Date

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Senior Pastor