

Word

2024

Beyond



- **Beyond** – to the distance, to cross, across, beyond in the spatial sense
- **Excel** - To go beyond; to exceed; to surpass in good qualities or laudable deeds; to outdo.
- **You** - In familiar language, it is applied to an individual
- **Outlook** - a person's point of view or general attitude to life
- **Notice** - *notice* then is the act by which we gain knowledge of something within the reach of the senses, or the effect of an impression on some of the senses.
- **Depend** - To be connected with anything, as the cause of its existence or of its operation and effects; to rely on; to have such connection with anything as a cause, that without it, the effect would not be produced; gain knowledge of something within the reach of the senses,

WIN THE DAY



FLIP THE SCRIPT

If you want to change your life, start by changing your story.



KISS THE WAVE


The obstacle is not the enemy; the obstacle is the way.

#3 EAT THE FROG

- Psalm 63:3 O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You in a dry and thirsty land where there is no water.

NKJV

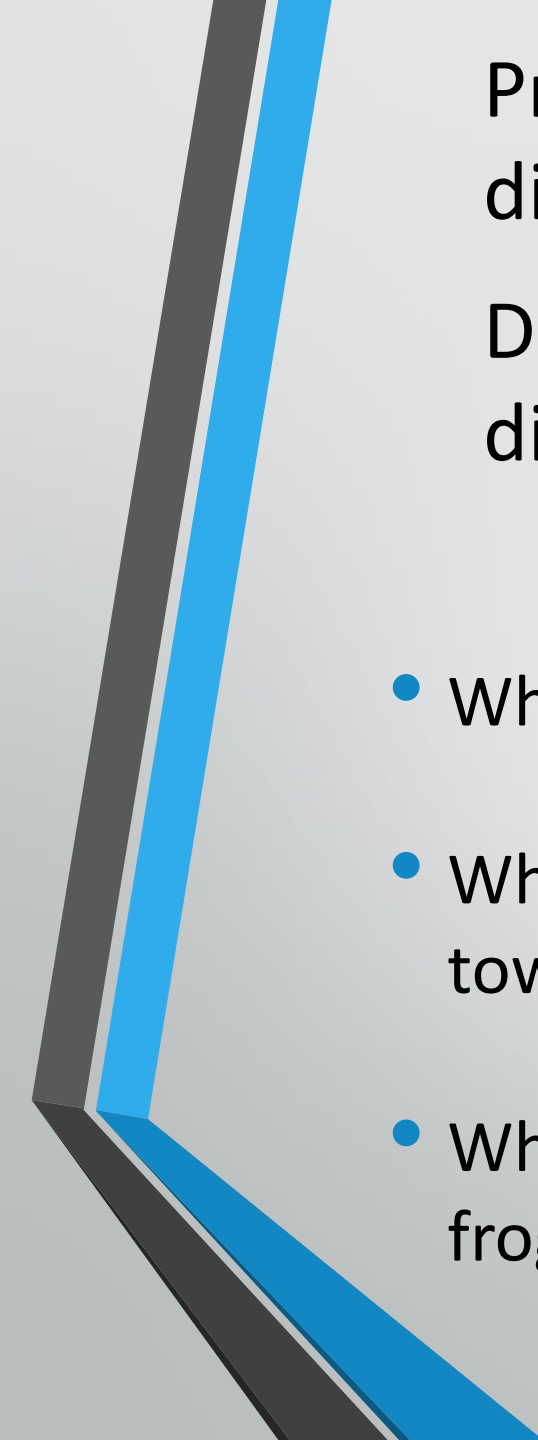




“If you ever have to eat a live frog,” Mark Twain is purported to have said, “it’s best done first thing in the morning.”

If you have to eat 2 frogs, he reportedly recommended eating the bigger one first period.

Why? Because you can go through the rest of the day knowing that the hardest task is behind you.



Procrastination - A putting off to a future time; delay; dilatoriness.

Dilatory - Given to procrastination; not proceeding with diligence; making delay; slow; late; applied to persons

- What to-do list items are you most tempted to procrastinate on?
- What goals have you had forever but have not taken the first step toward?
- What difficult decisions have you been delaying? Those are your frogs! Give yourself a deadline; then get started!

One Day at A Time

We miss or misunderstand the directive or meaning!

- What is a day?
- The Bible and the expressions!
- What was the expiration time on mana? **Exodus 16**
- When are His mercies new? **Lamentations 3:23**
- When are we to rejoice in the Lord? **Psalms 118:24**
- What about the deadline on anger? **Ephesians 4:26-27**
- How often are we to take up our cross and follow him? **Luke 9:23**

The Twenty-Four Hour Rule!

- LIVE IN DAY-TIGHT COMPARTMENTS.
- The average person spends 46.9 percent of their time thinking about something other than what they're doing in the present moment.
- We are HALF PRESENT, HALF THE TIME, which means we're HALF ALIVE. The only way to be FULLY ALIVE is to be FULLY PRESENT, and the only way to be FULLY PRESENT is to, you guessed it, live in day-tight compartments.
- **Can you do it for a day???**

No Ordinary Day

- There are days, and then there are days that change every day thereafter!
 - **Joshua 3:5-6** Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." 6 And Joshua said to the priests, "Take up the ark of the covenant and pass on before the people." So they took up the ark of the covenant and went before the people. ESV
- ***You cannot plan Pentecost, but you can prepare for it.***
- We may want to do amazing things for God, but that isn't our job. God is the one who does amazing things for us and through us! Our job is to prepare or consecrate ourselves to God every day!

In the Morning

- Psalm 63:3 O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You in a dry and thirsty land where there is no water. NKJV
- Admiral William H McRaven: "If you want to change the world start off by making your bed."
- **If you make your bed every morning you will have accomplished the first task of the day.**
- *Lessons from the Life of Moody*
- What is your thing? Do you have a thing?
- Consistency beats intensity seven days a week!

Domino Effect

- *Almost anyone can accomplish almost anything if they work at it long enough, hard enough, and smart enough.*
- If you do little things like they're big things, God will do big things like they're little things!

Habit Stacking

- 1. Make It Measurable**
- 2. Make it Meaningful**
- 3. Make it Maintainable**

Habit Formation

- Matthew 12:43-45 *"When an impure spirit comes out of someone, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean, and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go and live there. The final condition of that person is worse than the first."* NIV
- If you want God to do the super, you have to do the natural.
 - Example: Deuteronomy 6:4-7 "Listen, O Israel! The Lord is our God, the Lord alone. 5 And you must love the Lord your God with all your heart, all your soul, and all your strength. 6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. NLT

- How - The answer is habit stacking.
 - Deuteronomy 6:7-9 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. 8 Tie them to your hands and wear them on your forehead as reminders. 9 Write them on the doorposts of your house and on your gates. NLT
- Mark Batterson: Show me your habits, I'll show you your future.
- For better or for worse, you are the sum total of your habits.
 - Luke 6:37-38 "Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven. 38 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.**" NLT

Conclusion:

- Habit formation is an art and a science, but it is also a spiritual battle! And the battle is won or lost in the mind. It's mind over matter. "As a man thinketh in his mind, " said King Solomon, "so is he."
- **It starts up here. It starts in here.**
- If you focus on the outcome, the finish line feels so far away that you're tempted to quit before you even start.
- **EAT THE FROG**
 - If you want God to do the SUPER, you've got to do the natural!
- **CAN YOU DO IT FOR A DAY????**
- Consistency beats intensity everyday!