

Weekly Action Plan 1/04/2017

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# Weekly Action Plan

## Sierra's Weekly Action Plan

Our Weekly Action Plan is designed to help you **recapture and build** on what God is teaching from Sundays message.

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Consider King David's willingness to be examined and to learn from God's testing in his life: "*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*" -Psalm 139:23-24



January 4, 2017

Message Link: [Lessons from the last year to take into 2017](#)

Like it or not the habits we form have enormous power in our lives. A few years ago I was shocked to read that, *“One study by Duke University researchers found that more than 40% of the actions people performed each day weren't actual decisions, but habits.”* (The Power of Habit by Charles Duhigg)



Some of the habits we form are good and life giving. Some are destructive and make a mess of our lives and the world around us. Remember Jesus tells us to make a critical life shaping decision each day, ***“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me” (Luke 9:23).*** Consider the kind of life change that would grow out of making a commitment (forming a habit) to do this each day!

One of the reasons I miss Youth Ministry has to do with the challenge of forming good habits. Helping young people develop routines and make choices that are grounded in a desire to honor God **IS NOT EASY**. But I will tell you this, as challenging as it is to work with youth, working with adults and helping them develop routines and make choices that are grounded in a desire to honor God **IS IMMENSELY MORE DIFFICULT**. Change is rarely easy for anyone to make, but becomes increasingly difficult the older we get!

Two weeks ago in my Weekly Action Plan, I discussed how the closing week of the year presents a unique opportunity to reflect on lessons learned from the last 12 months. This last Sunday, I encouraged you to consider one habit God would desire you to form and one habit that you know you need to break. Don't let past failures dissuade you from going after it again!

I'd encourage you to not make a rash commitment; pray and invite those who know you and want God's best for your life to help you think through what area God has been growing you. Reading the Bible daily? Giving thanks every night before bed? Do the same to address a repetitious sin that you desire God to help you break it's grip in your life. Perhaps it's outburst of anger? Perhaps it's gossiping?

***Here are three key actions that will help you keep your resolutions:***

**1. Write it down somewhere where you will see it everyday.** Stick it next to

your bed or on your mirror. I found that rewriting it at the start of each month helps me refresh my commitment.

**2. Ask someone to hold you accountable.** Use the people that God has brought into your life to help you regularly examine the progress or lack of it that you are making to keep your resolution. You'll find accountability will sometimes be encouraging and sometimes it may sting, but without it you're missing out on one of God's most valuable tools to help you...relationship.

**3. Acknowledge your dependence on God.** Without continued prayer, change will depend solely on your will power. Why would you not use the greatest gift available to you? God's Spirit lives in each one of His children. Ask God to help you become more aware of His presence in your life and for the ability to rely on Him for everything!

God's best to you this New Year! I'm looking forward to praying and serving with you in 2017. - Noah



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