

# BUILD KEYSTONE HABITS

JANUARY 16, 2022

## WORSHIP

We Praise You, Greater Than, All Glorious

## WELCOME

What is one habit someone you look up to or someone you consider successful consistently do?

## WEEKLY PRAYER POINTS

### I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

### II. Country and the World

- Upright and moral governance of Public Servants A God-centered Philippines
- Repentance and Salvation

### III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

### IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

### V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends

## WORD

### READ IT!

(READ DANIEL 6:1-10 AHEAD OF TIME)

### DANIEL 6:10

Now when Daniel knew that the document was signed, he entered his house (now in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously.

### 1 TIMOTHY 4:7-8

...discipline yourself for the purpose of godliness; <sup>8</sup>for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

### PARAPHRASE IT!

Restate the verses in your own words.

### TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about people?
- What did you learn about following Jesus?
- What keystone habits will you build this 2022?

### POINT IT OUT!

- |                              |   |
|------------------------------|---|
| 1. K –                       | Daniel 1:7-8, 2<br>Corinthians 5:9-10                           |
| <b>KNOW YOUR WHY AND WHO</b> |   |
| 2. E –                       | Daniel 6:10, 1 Kings 8:48-49,<br>Jeremiah 25:11-12, Daniel 5:17 |
| <b>EMPLOY A SYSTEM</b>       |   |
| 3. Y –                       | Galatians 6:7, Galatians 6:9,<br>Luke 18:1-8                    |
| <b>YIELD THE REWARDS</b>     |   |

## WORKS

### APPLY IT!

Based on this lesson on FIT FOR LIFE: BUILD KEYSTONE HABITS, write down your action point to apply what you learned. Make it your “I will...” statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

**S**imple

**M**easurable

**A**ppropriate

**R**ealistic

**T**ime-bound

“I will \_\_\_\_\_  
\_\_\_\_\_”

### SHARE IT!

Who will you share these truths to this week?

### PRAY CARE SHARE IN ACTION

Pray for and with people to make it their habit to seek and know God through the Bible. Show you care for them by being present and by guiding them in their spiritual journey. Share the truth of the gospel of Christ—which has the power to change one’s life and habits!

## MEMORY VERSE

### 1 Timothy 4:7-8

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