

TYLER MCKENZIE

Lead Pastor

Psalm 1

Oh, the joys of those who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.

But they delight in the law of the Lord,
meditating on it day and night.

They are like trees planted along the riverbank,
bearing fruit each season.

Their leaves never wither,
and they prosper in all they do.

But not the wicked!

Psalm 1

They are like worthless chaff, scattered by the wind.

They will be condemned at the time of judgment.

Sinners will have no place among the godly.

For the Lord watches over the path of the godly,

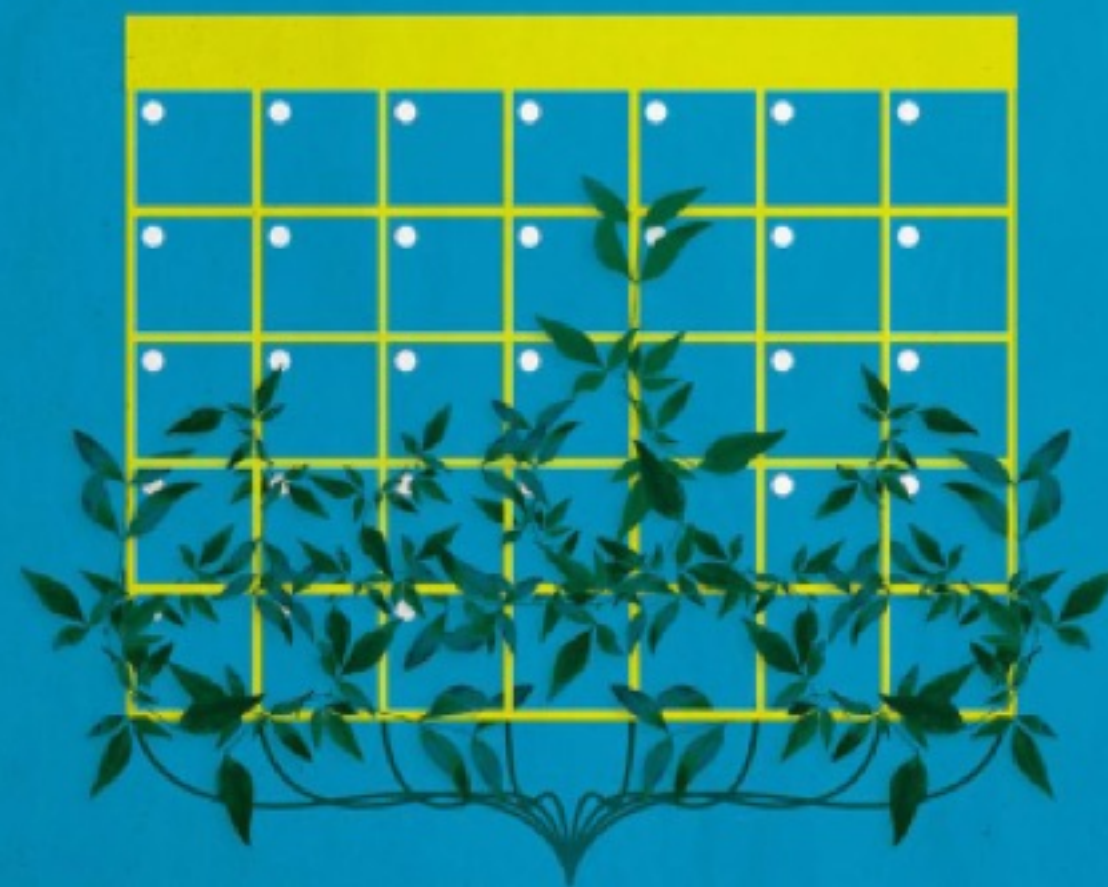
but the path of the wicked leads to destruction.

Rule of Life

“I have both rhythms and restrictions to help me connect with God and resist popular culture.”

JUSTIN WHITMEL EARLEY

THE
COMMON
RULE



HABITS OF
PURPOSE
FOR AN AGE OF
DISTRACTION

Anxiety

- 27.3% of American adults have anxiety problems.
- 41.7% of young adults (18-29) suffer from anxiety.

Anxiety Inducing Factors

- Pace of life
- Pressure of success
- Drama of media consumption
- Unhealthy self-medication

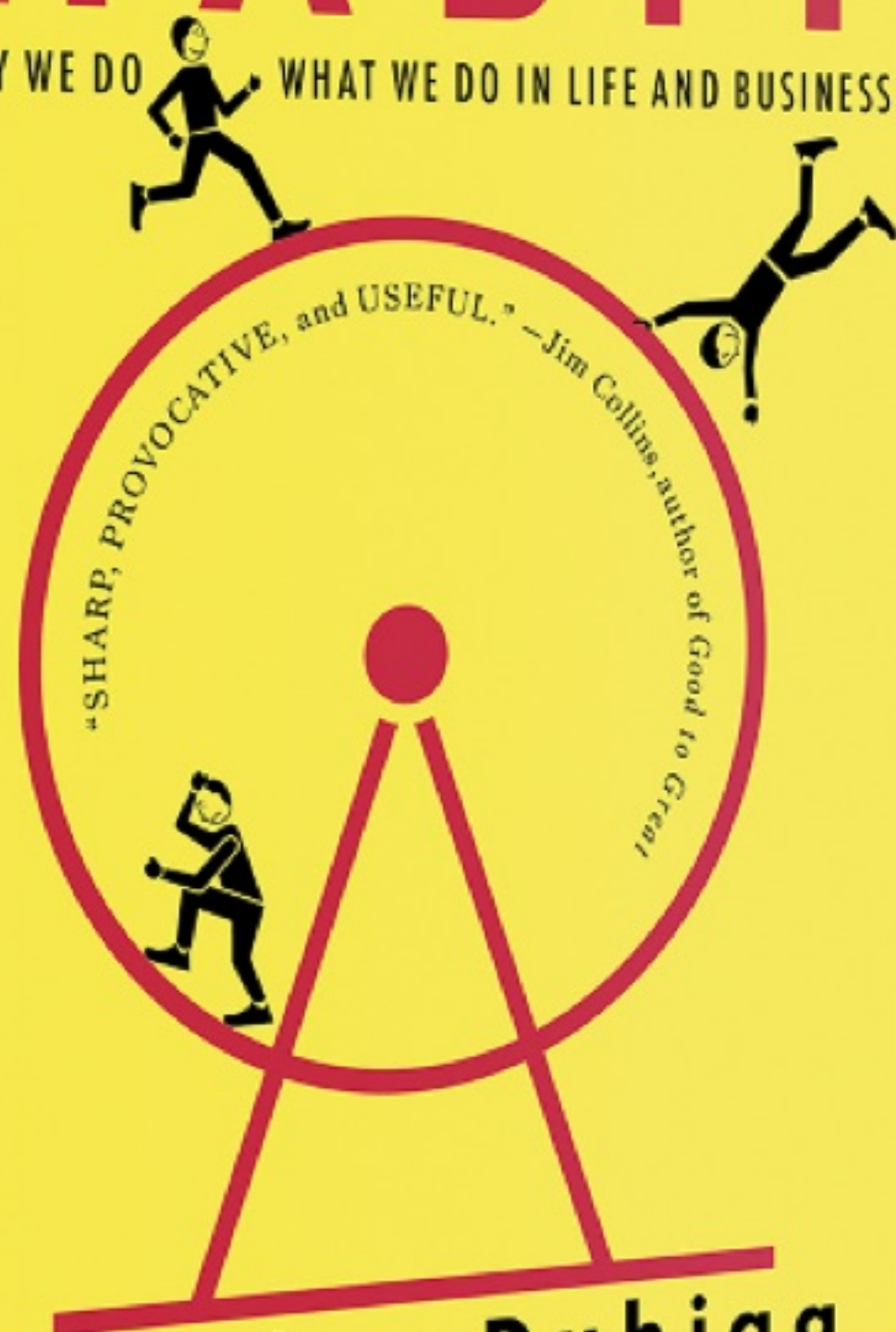
“My heart said one thing, that God loves me, no matter what I do, but my habits said another, that I better keep striving in order to stay loved. In the end, I started to believe my habits – mind, body, and soul ... How did the missionary come to be the one who got converted? ... My body had finally become converted to the anxiety and busyness I’d worshipped through my habits and routines.”

(Justin Earley, *The Common Rule*)

NEW YORK TIMES BESTSELLER

THE POWER OF
HABIT

WHY WE DO WHAT WE DO IN LIFE AND BUSINESS



Charles Duhigg

WITH A NEW AFTERWORD BY THE AUTHOR



THE
POWER
OF
HABIT



CHARLES
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YOU ARE
WHAT YOU LOVE

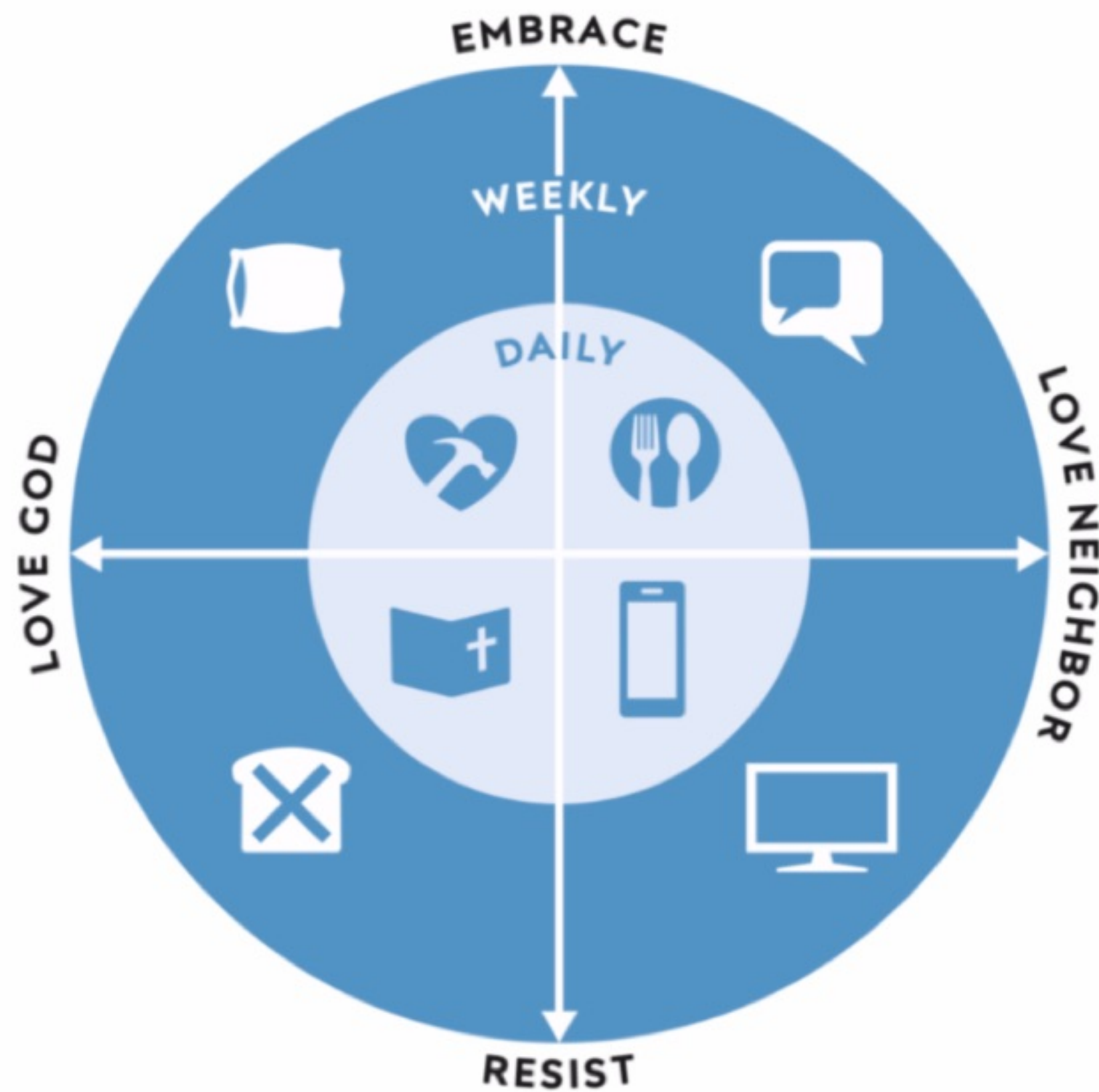
THE SPIRITUAL POWER of HABIT

JAMES K. A. SMITH

“When we combine Smith’s insight that our habits are liturgies of worship and Duhigg’s neurological insight that our brains aren’t totally engaged when our habits are playing out, we have a robust explanation of how our unconscious habits fundamentally reshape our hearts, regardless of what we tell ourselves we believe.”

(Justin Earley, *The Common Rule*)

HABITS AT A GLANCE



DAILY HABITS



1 Kneeling prayer three times a day



2 One meal with others



3 One hour with phone off



4 Scripture before phone

WEEKLY HABITS



1 One hour of conversation with a friend



2 Curate media to four hours



3 Fast from something for twenty-four hours



4 Sabbath

Rhythm – Daily prayerful engagement with Scripture

Restriction – Limit the quality and quantity of your screen intake

THE HOLY SPIRIT

Inspired Scripture

Controlled Conscience

Spiritual People

X PRAYER

X COMMITMENT

Prayerful
Daily Reading
of the Scripture

+

Regular
Contemplative
Introspection

+

Longstanding
Relationships with
a Spiritual Family

What even is spiritual formation?

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-Anything that shapes your heart or habits.

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- The Church is not the only one in the business of it.

What even is spiritual formation?

- Anything that shapes your heart or habits.
- The Church is not the only one in the business of it.
- Attention multiplies formation.

What voices are you listening to and what stories are they telling you?

What do I have to do to matter?

What is truth and where do I find it?

What is right and wrong?

What should I do with my money?

What do I do with my sexuality?

Why is there suffering?

What do I do when I suffer?

What happens when we die?

“Political fear is so dangerous because it usually stems from legitimate concerns shared by a significant portion of the voting population... [Politicians] take these legitimate concerns and transform them into imminent threats.”

(John Fea)

Psalm 1:1-2

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follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.

But they delight in the law of the Lord,
meditating on it day and night.

Psalm 1:3

They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.

Psalm 1:6

For the Lord watches over the path of the godly,
but the path of the wicked leads to destruction.

Our Story Teaches

- A belief in human dignity
- A recognition of human depravity
- A call to love neighbor
- An uncompromising moral compass
- A peace, joy, and hope that transcends any circumstance

PHILIPPIANS 4:1 1-13

...for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation,

PHILIPPIANS 4:1 1-13

whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

Homework - Bible Before Phone

1. Text "bible" to 833-275-2412 right now.
2. Put the reading plan and your Bible where you'll see in the morning.
3. Then check your phone for a text from our pastors.