

Theology of time Management: Glorifying God with the Resource of Time

Pastor Joel Albright - FBC - Adult Sunday School for Spring, 2021

Lesson #6 - Maintaining God-Glorifying Habits

INTRODUCTION

Q: What are your takeaways from the two articles & Scripture focus?

- Article Highlights from Piper/Mathis (save Mathis till habits of grace)
 - *First Things First: Make the Most of Your Mornings* - By David Mathis
 - *God's Sovereign Plans Behind Your Most Unproductive Days* - By John Piper
- Scripture Highlight - Matthew 6:25-33 and Philippians 4:4-7. How does God want believers to rightly think about and respond to anxiety and worry?

Q: What are Pastor Joel's goals for this session today?

1. To survey how habits work - (The anatomy of habits)
2. To examine how to think Christianly about habits - (The theology of habits)
3. To apply helpful habit blocks into your time management - (The application of habits)
4. To motivate maintenance of God glorifying habits of time management (The maintenance of habits)

I. THE ANATOMY OF HABITS

Q: How can we understand how habits work?

A. RECOGNIZE THE POWER OF HABITS

Habits have Powerful Connotations

- Negative connotation - Examples:
- Annoying connotation - Examples:
- Positive connotation - Examples:

Habits have Powerful Consequences

- Negative consequences - Examples:
- Positive consequences - Examples:

B. UNDERSTAND THE PROCESS OF HABITS

Q: How do habits work?

- "At the heart of habit is the brilliance of our Creator. Making decisions takes time and energy, and habits keep us from having to make the same decision over and over again."
- David Mathis.
- "Champions don't do extraordinary things... They do ordinary things, but they do them without thinking, too fast for the other team to react. They follow the habits they've learned."- Tony Dungy

Q: How long does it take to develop a habit?

Q: How are new habits created and cultivated?

B. IDENTIFY THE PROBLEMS WITH HABITS

(1) We quit too early

(2) We are too goal-centric

- Goals are good for setting a direction, but systems are best for making progress. Some spend too much time thinking about goals and not enough time designing systems.
- You don't rise to the level of your goals. You fall to the level of your systems.
- "If we are careful about days, the years will take care of themselves" - J.O. Sanders upon reflection of Psalm 90:12

II. THE THEOLOGY OF HABITS

Q: What indispensable resources does the believer possess?

1. Spirit -
2. Savior -
3. Scripture -
4. Siblings -

A. HABITS SHOW YOUR HEART

Q: What Scriptures demonstrate this truth?

Luke 6:45 - ⁴⁵*The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.*

James 1:14-15 - ¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

Psalms 115:8 - *Those who make them become like them; so do all who trust in them.*

- "Character is largely a bundle of habits." - Michael Horton
- "Habits are little liturgies of worship." - Justin Earley

Q: Where is the hope for this truth?

I Cor 5:17 - ⁷Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

B. HABITS SHAPE YOUR HEART

(1) Christians should connect the development of new habits to their Christian identity

True behavior change is identity change

- Phil 1:27 - *Only let your manner of life be worthy of the gospel of Christ,*
- Col 2:6 - *Therefore, as you received Christ Jesus the Lord, so walk in him,*
- Eph 4:1 - *I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,*

(2) Christians should understand how transformation takes place by the renewal of the mind

- Eph 4:22-24 - ²²to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.
- Romans 12:1-2 - ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Q: Is implementing habits that look like godliness simply legalism?

- "Habits before love is legalism. But love before habits is the logic of grace..." - Earley

III. THE APPLICATION OF HABITS

Q: What are the 2 critical categories of Habits to evaluate and implement?

A. IMPLEMENT HABITS OF VIRTUE

Q: Why do we need these godly habits?

- “We need intentionality to shape our week with His word, ingenuity to shower our days with his voice, and creativity to punctuate our life and the lives of those around us with fresh routines for regularly availing ourselves of his life-giving words.” - Mathis

(1) Bible Reading

- **Meditation**

- “Meditation is the missing link between bible intake and prayer.” - William Bates.

- **Memorization**

Create space for Bible reading and redeem spare time for Bible Reading

(2) Prayer

Q: How does the scripture declare and describe the habit of prayer?

- **Devoted Prayer** - Acts 1:14 - The apostles devoted themselves; Rom 12:12 - Be constant in prayer; Col 4:2 Be constant in prayer; I Thes 5:1 - Pray without ceasing; Eph 6:18 - Pray at all times in the Spirit...
- **Authentic Prayer** - The infallible test of spiritual integrity is your private prayer life. (Matt 6:5-6)
- **Corporate Prayer** - The high point of prayer is praying with other Christians.

(3) Fellowship

"Fellowship may be the often-forgotten middle child of the spiritual disciplines."

- **Corporate worship** - "There is an element of worship and Christianity that cannot be experienced in private worship or by watching worship." - Donald Whitney
- **Corporate listening** - "When we put ourselves under the preaching of God's word, it is one of the precious few moments in life today when we close our mouths and resist the temptation to respond right away and focus our energy and attention to hearing with faith."

B. IMPLEMENT HABITS OF VOCATION

In identifying bad habits and formulating good habits in the following vocations:

(1) Your Body (I Cor. 6:18-20)

(2) Your Church Membership (Rom. 12:9-16)

(3) Your Family Roles (Eph. 5:22-6:9)

(4) Your Employment Role (Col. 3:22-4:1)

IV. THE MAINTENANCE OF HABITS

Q: How do I maintain God-glorifying habits of time management?

- "Good habits make time your ally. Bad habits make time your enemy" - J. Clear

A. Evaluate

- Evaluate the 3 habits of virtue from the above notes
 - Q: What bad habit in my life is hindering the cultivation of these virtues?
 - Q: What good habit would I like to start or continue for the cultivation of these virtues?
- Evaluate the habits of your vocations from the above notes/categories
 - Q: What bad habit is hindering a God-honoring stewardship of that role?
 - Q: What good habit would you like to start or continue for the cultivation of a God-honoring stewardship of that role?

B. Plan

- As you plan your month, create monthly goals based on the above evaluation.
- As you plan your week, schedule your habit action/blocks into your planner.

C. Measure - Use a habit tracker and record the habit at the end of each week.

D. Cultivate - The continuance of habits of grace by:

- Purchasing and reading "Habits of Grace" by David Mathis - do it as a book study with a friend.
- Reading these 2 articles - *How Your Habits Show and Shape Your Heart* - David Mathis & *Make Habits, Not Resolutions* - By Justin Earley
- Working at creative implementation of daily and weekly habits - Habits of Purpose for a Distracted Age Web page (find link on our website page)