

DEPENDENT

Sermon Notes



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Dependent: Sermon Notes

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REDEFINE YOURSELF

Who you are determines what you do.

¹Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
²but his delight is in the law of the Lord,
and on his law he meditates day and night.

³He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.

⁴The wicked are not so,
but are like chaff that the wind drives away.

⁵Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

⁶for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Psalms 1

THERE ARE TWO QUESTIONS I WANT TO ASK YOU

WHO DO YOU WANT TO BE?

2 TYPES OF PEOPLE

- Righteous

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Psalms 1:1–2

- Wicked

⁵Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

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⁶for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Psalm 1:5–6

¹³Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. ¹⁴For the gate is narrow and the way is hard that leads to life, and those who find it are few

Matthew 7:13–14

True behavior change is identity change. You might start a habit because of motivation, but the only reason you'll stick with one is that it becomes part of your identity.

James Clear, *Atomic Habits*, 34

WHAT WERE WE CREATED FOR?

WHAT ARE YOU GOING TO DO ABOUT IT?

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In all that he does, he prospers.
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Psalm 1:3–4

The life grounded in the LORD's instruction is likened to a vibrant tree whose roots are sunk deep into the life-giving soil of a river bed.

Rolf Jacobson, *The Book of Psalms*, 61–62

HOW DO YOU DEVELOP HABITS TO BECOME WHO YOU WANT TO BE? (JAMES CLEAR, *ATOMIC HABITS*)

- Make It Obvious (Cue)—The cue triggers your brain to initiate a behavior
- Make it Attractive (Craving)—The motivational force behind every habit
- Make It Easy (Response)—The actual habit you perform
- Make It Satisfying (Reward)—The end goal of every habit

THE POWER OF KEYSTONE HABITS

Not all habits are created equal. Some habits, in addition to changing one behavior, encourage better behavior in other areas of your life as well.

Drew Dyck, *Your Future Self Will Thank You*, 132

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The habits that matter most are the ones that, when they start to shift, dislodge and remake other patterns.

Charles Duhigg, *The Power of Habit*, 101

4 SPIRITUAL KEYSTONE HABITS

- Corporate Worship
- Bible Intake
- Prayer
- Community

CONCLUSION

WHO DO YOU WANT TO BE?

- Define it
- Write it
- Share it