

Building Habits for an Abundant Life

Practical strategies for building habits that help you abide in Christ and live an abundant life

Nicofa Burrows | Youth Pastor

ABIDE IN ME, AND I IN YOU. AS THE BRANCH CANNOT BEAR FRUIT BY ITSELF, UNLESS IT ABIDES IN THE VINE, NEITHER CAN YOU, UNLESS YOU ABIDE IN ME. I AM THE VINE; YOU ARE THE BRANCHES. WHOEVER ABIDES IN ME AND I IN HIM, HE IT IS THAT BEARS MUCH FRUIT, FOR APART FROM ME YOU CAN DO NOTHING. **JOHN 15:4-5 (ESV)**

THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY. I CAME THAT THEY MAY HAVE LIFE AND HAVE IT ABUNDANTLY. **JOHN 10:10**

Key Takeaways

Building Habits:

- Focus on 1% improvements. *Small improvements, done consistently add up. Focus on getting one percent better every day.*
- Focus on your system rather than the goal. *Your system is the process that leads to you the goal. You don't rise to the level of your goals, you fall to the level of your systems.*
- Build identity based habits. *Decide the type of person you want to be. Prove it to yourself with small wins. Every action is a vote for the type of person you want to become.*

4 steps to Building Better Habits:

Cue triggers a craving, which motivates a response, which provides a reward which satisfies the craving and ultimately becomes associated with the cue.

- **CUE – Make it obvious**

1. Set intention: I will [behaviour] at [time] in [location].
2. Use habit stacking: After [current habit] I will [new habit].
3. Design your environment to make cues of good habits obvious and visible.

- **CRAVING – Make it attractive**

1. Use temptation bundling. Pair and action you want to do with and action you need to do.
2. Join a culture where your desired behaviour is the normal behaviour.
3. Create a motivational ritual. Do something you enjoy immediately before a difficult habit.

- **RESPONSE – Make it easy**

1. Reduce friction. Decrease the number of steps between you and your good habits.
2. Prime the environment. Prepare the environment to make future actions easier.
3. Use the 2 minute rule: Downscale your habits until they can be done in 2 minutes or less.

- **REWARD – Make it satisfying**

1. Use reinforcement. Give yourself an immediate reward when you complete your habit.
2. Use a habit tracker. Keep track of your habit streak and “don't break the chain.”
3. Never miss twice! When you forget to do a habit, make sure you get back on track immediately.

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Habits to Help you Remain in Christ:

- Lectio Divina: Read, meditate, pray, contemplate.
- Breath Prayer: Choose a phrase (verse/praise/petition), get comfortable and breathe deeply, breathe in and out with the first part of your prayer coming to mind on the inward breath and the latter half connecting with the outward breath.
- Bible Memorisation
- Intercessory Prayer
- Examen (www.ignatianspirituality.com/ignatian-prayer/the-examen)
- Sabbath

Resources

Books

- Atomic habits - James Clear
- God in my everything - Ken Shigematsu
- Spiritual Disciplines Handbook: Practices That Transform Us - Adele Ahlberg Calhoun
- You are what you love: The Power of Spiritual Habit - James K. A. Smith

Apps

Centering Prayer, Lectio 365, Sacred Space

Application

- Choose one new habit you want to start or one current habit you want to improve.
- Work through the 4 steps to building habits and come up with a way that you can make it obvious, attractive, easy and satisfying.
- “When you start a new habit, it should take less than 2 minutes to do” (p.162)
- “If you want to master a habit, the key is to start with repetition, not perfection. You don’t need to map out every feature of a new habit. You just need to practice it” (p.143)