



Top Gear

**The Habits of
Holiness**

Recap

**“If racing against mere men
makes you tired, how will you
race against horses?
If you stumble and fall on open
ground, what will you do in the
thickets near the Jordan?”**

Jeremiah 12:5 (NLT)

Recap

“A disciple is one who, intent upon becoming Christ-like and so dwelling in His **‘faith and practices’**, **systematically** and **progressively** rearranges their affairs to that end”

Dallas Willard

Recap

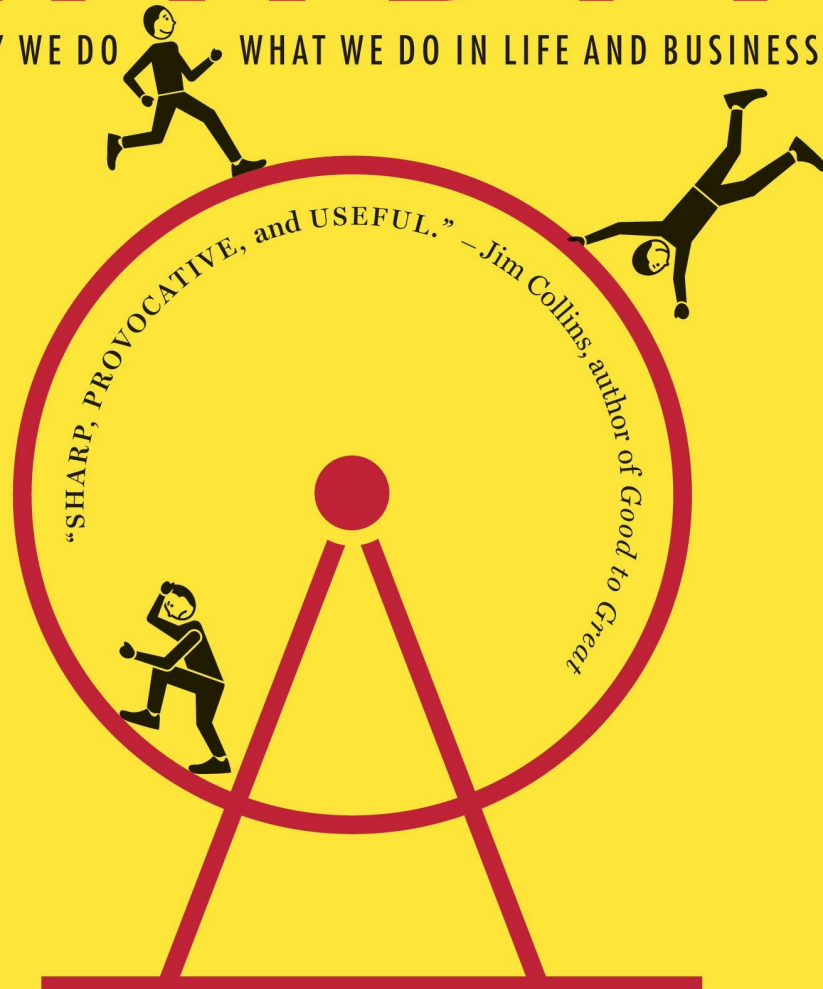
“Don’t try — train!”



NEW YORK TIMES BESTSELLER

THE POWER OF H A B I T

WHY WE DO WHAT WE DO IN LIFE AND BUSINESS



Charles Duhigg

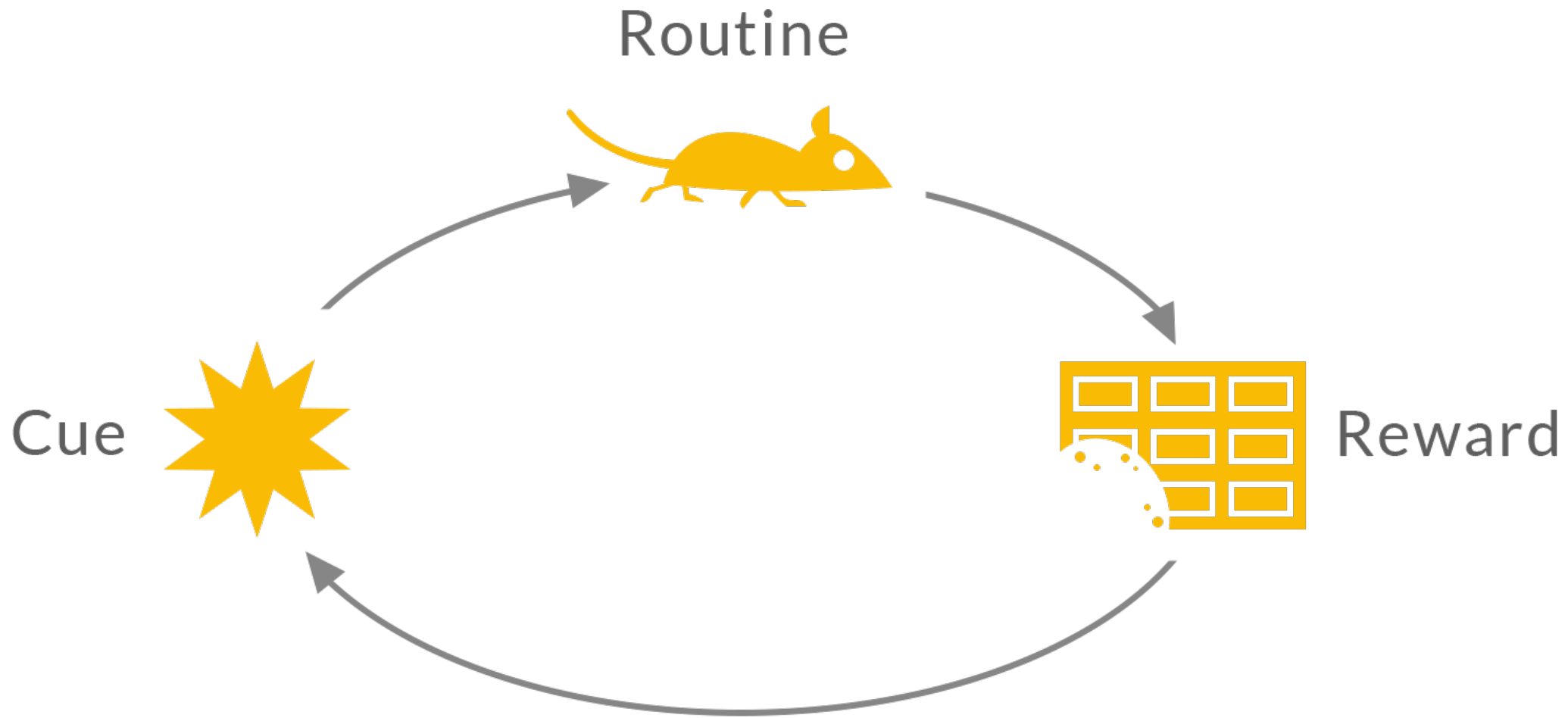
WITH A NEW AFTERWORD BY THE AUTHOR

“The Golden Rule of Habit Change: You can’t extinguish a bad habit, you can only **change** it.”

“This is the real power of habit: the insight that your habits are what you **choose** them to be.”



**The lie I have been told all my life
is that God would do it. That I was
a spectator in my own spiritual life**

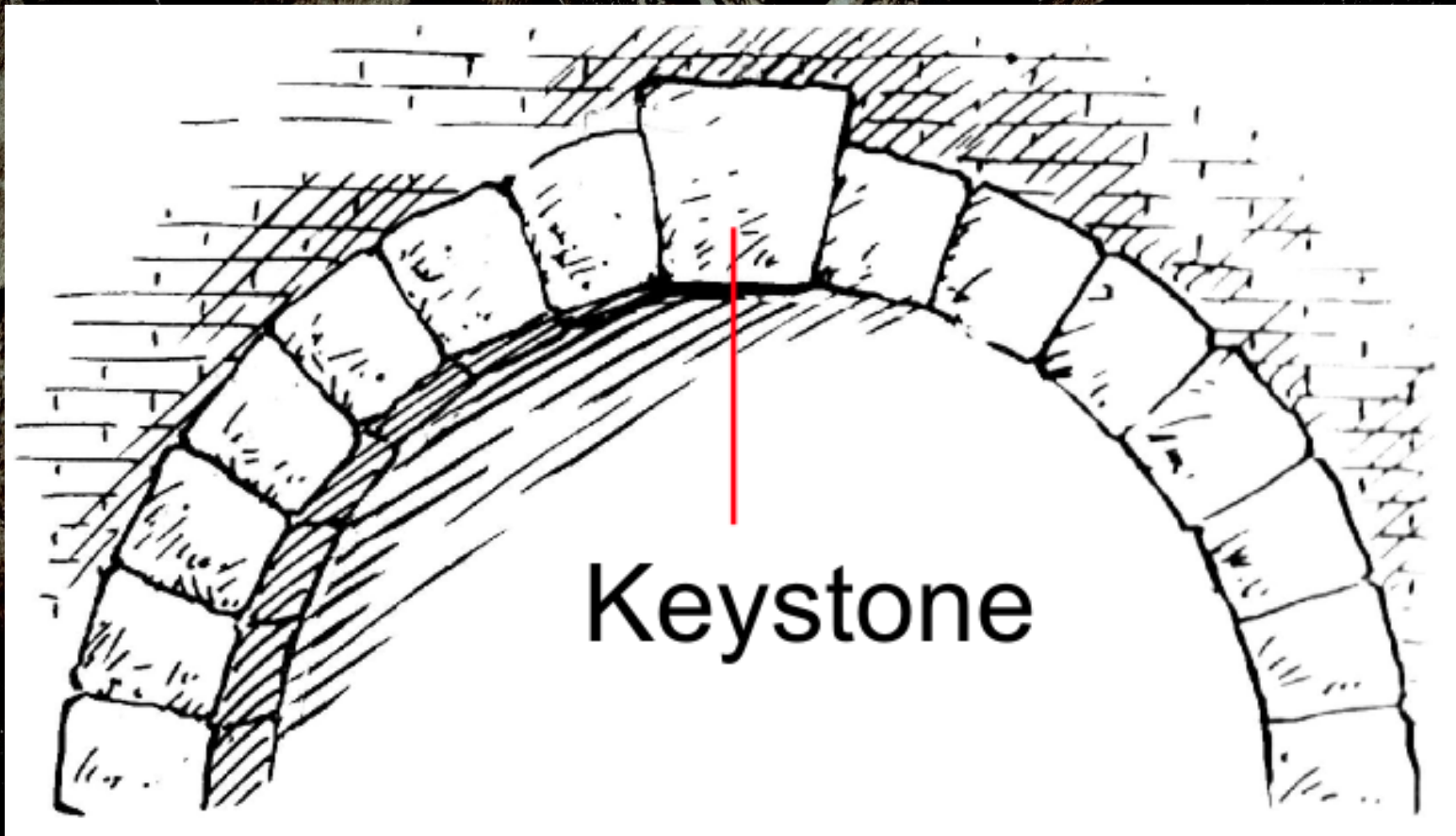


THE HABIT LOOP



**Everyone one of us have bad
spiritual habits**

**“All our life, so far as it has definite
form, is but a **mass of habits** -
practical, emotional, and intellectual -
systematically organized for our weal
or woe, and bearing us irresistibly
toward our **destiny**, whatever the
latter may be.” - **William James****



“We have habits everywhere in our lives, but certain routines — **keystone habits — lead to a cascade of other actions because of them.”**



**Prayer is a
Keystone Habit**



**Spiritual Disciplines are broken
into two categories**

**the disciplines of abstinence (or
“letting go”) and the disciplines of
activity**

“Disciplines of Letting Go”

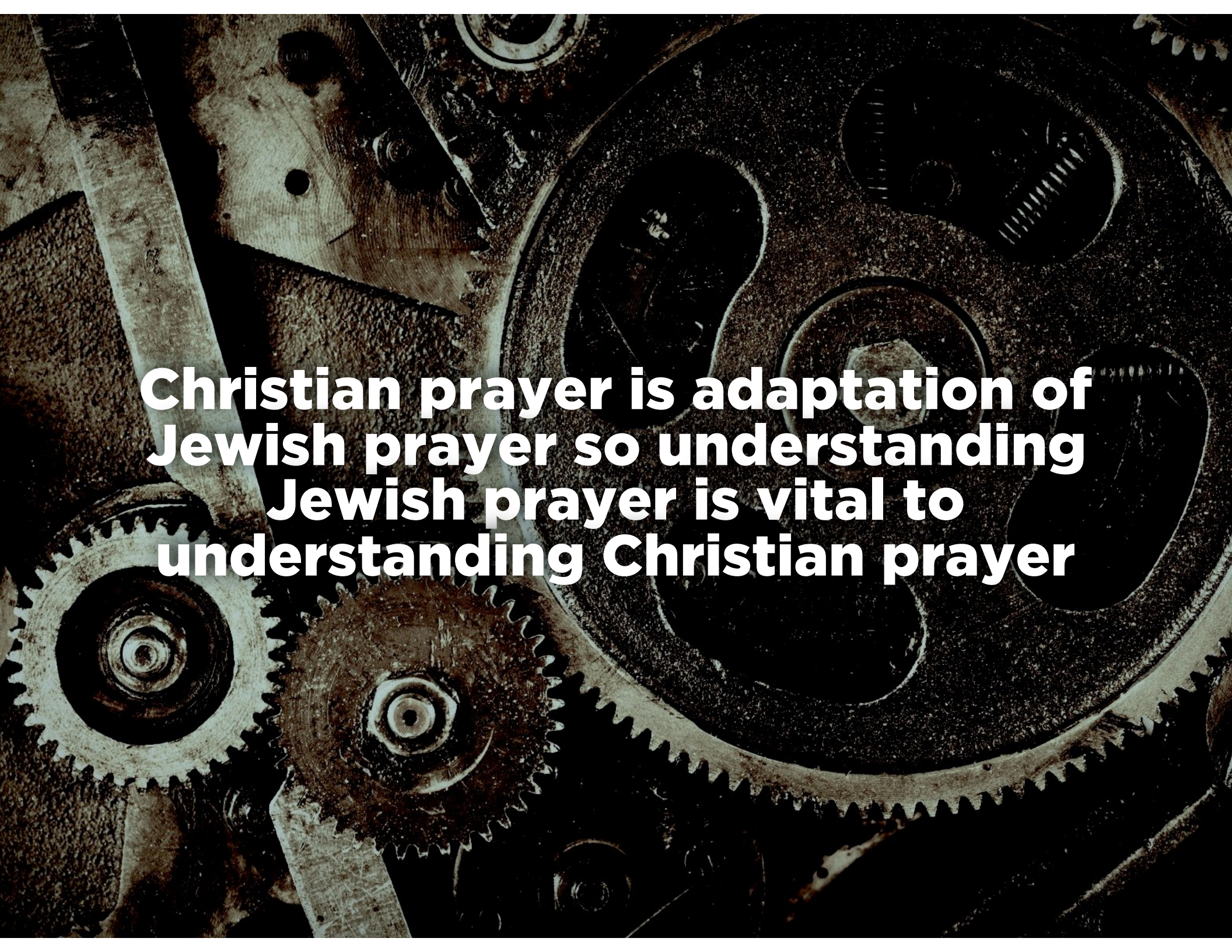
**These practices allow us to relinquish
something in order to gain something
new.**

“Disciplines of Activity”

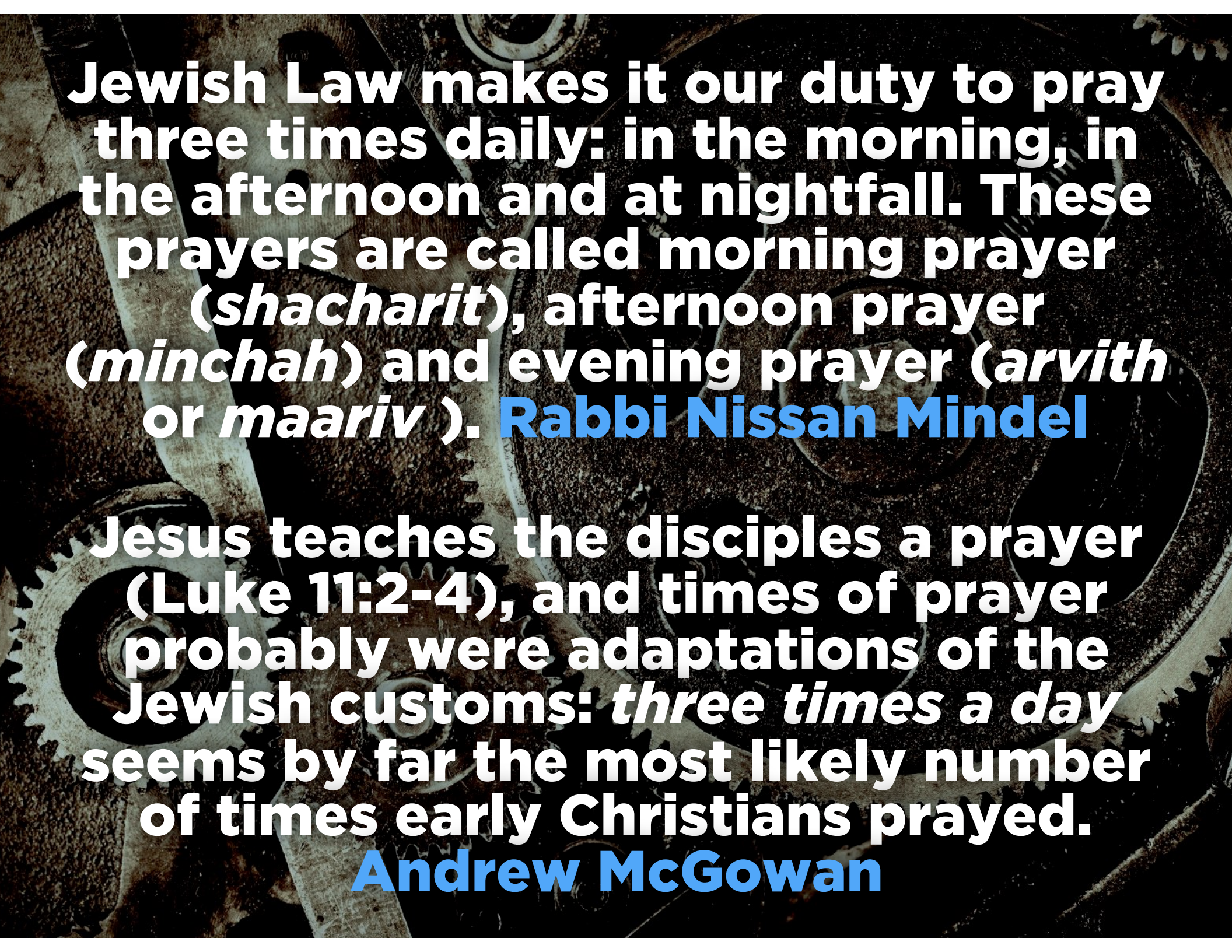
**choosing to participate in activities
that nurture our souls and strengthen
us for the race ahead.**

Basic Definition of a Spiritual Discipline

- 1. A deliberately self imposed** habit that nurtures spiritual health and fosters spiritual growth leading to maturity.
- 2. Deliberately self imposed actions to alter existing life** and thought patterns, thereby breaking the normal cycle of life and breaking the focus on the mundane to contemplate the sublime.
- 3. Repetitious actions driven by spiritual decisions** rather than natural environmental reactions.



**Christian prayer is adaptation of
Jewish prayer so understanding
Jewish prayer is vital to
understanding Christian prayer**



Jewish Law makes it our duty to pray three times daily: in the morning, in the afternoon and at nightfall. These prayers are called morning prayer (*shacharit*), afternoon prayer (*minchah*) and evening prayer (*arvith* or *maariv*). **Rabbi Nissan Mindel**

Jesus teaches the disciples a prayer (Luke 11:2-4), and times of prayer probably were adaptations of the Jewish customs: *three times a day* seems by far the most likely number of times early Christians prayed. **Andrew McGowan**



In the life of Jesus we see both **static prayer** (Jewish Prayer) and **fluid prayer** (Spirit Prayer)

Static Prayer-Anchor point prayers

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. [Mark 1:35](#)

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him [Luke 11:1](#)

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, [Matthew 14:23](#)

Fluid Prayer-Prayer Confronted by Need

One day Peter and John were going up to the temple **at the time of prayer** —at three in the afternoon. Now a man who was lame from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the temple courts. When he saw Peter and John about to enter, he asked them for money. Peter looked straight at him, as did John. Then Peter said, “Look at us!” So the man gave them his attention, expecting to get something from them. **Acts 3:1-6**



**Jesus modelled a static and fluid
prayer life**

**His followers in the book of Acts
mimicked this behaviour**



Prayer isn't a how or what

**Prayer isn't telling God something
He doesn't already know or may
have missed**

**Prayer IS reminding ourselves that
we are not alone and that God is
not far off**



Feed Back



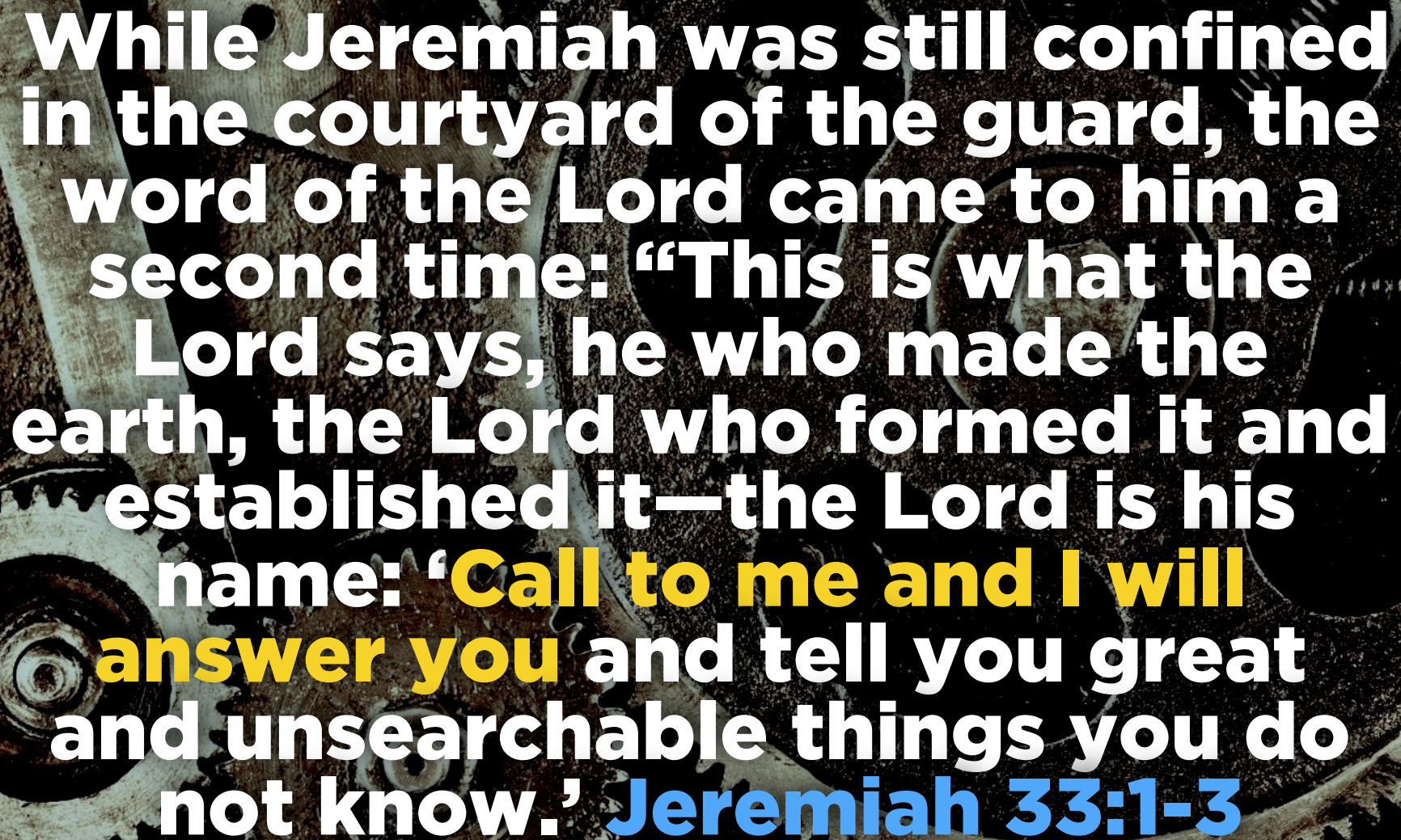
Paradigms for Prayer

Prayer Journal

Pray the Psalms

Smartphone prayer reminders

**P-Praise
R-Repent
A-Ask
Y-Yield**



While Jeremiah was still confined in the courtyard of the guard, the word of the Lord came to him a second time: “This is what the Lord says, he who made the earth, the Lord who formed it and established it—the Lord is his name: ‘Call to me and I will answer you** and tell you great and unsearchable things you do not know.’ **Jeremiah 33:1-3**”**