



New Hampton Community Church

Message Notes ~ January 15, 2023

“Habits that Build Hope”

Creatures of Habit Week 3

➤ **The Person you are _____**

is a Result of your _____

➤ **Habits set the _____ of your life**

How do we posture ourselves so that _____ does _____ us

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” Luke 10:38-40a

Are YOU like Mary; _____ to a _____.

OR

Are YOU like Martha, _____ to a _____.

_____ as a habit reveals _____ or _____ we _____

Worship, as a habit is the act of _____ on where

our _____

➤ **Worship is Turning Your _____ to _____!**

“But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me! Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” Luke 10:40b-42

A _____ is the _____ that _____
is the center of everything in your life

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”.

Philippians 4:6-7

Questions to Ponder, talk about with Life Group, Family and Friends

1. What is one habit that you have in your life that is funny? How did it come to be?
2. Why do difficult times tend to reveal our unhealthy habits?
3. What might be an indication that the level of worry or anxiety in your life is unhealthy?
4. What are some ways to build worship into your normal, daily routine?

