

# Healthy Habits

*"If the devil can't make you sin, he'll make you busy."*

– Corrie Ten Boom

## 10 Symptoms of Hurry Sickness

(Ruthless Elimination of Hurry, John Mark Comer)

1. Irritability
2. Hypersensitivity
3. Restlessness
4. Workaholism
5. Emotional Numbness
6. Misaligned Priorities
7. Poor Self-Care
8. Escapism
9. Lack of Spiritual Discipline
10. Isolation

***"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" (Matthew 11:28–30, MSG).***

Jesus says there is a \_\_\_\_\_ way!

What are your take aways from the “Personal Health” section of the team survey?

---

---

---

---

## The Secret of the Sabbath

*"For six years you may plant your fields and prune your vineyards and harvest your crops, but during the seventh year, the land must have a Sabbath year of complete rest. It is the Lord's Sabbath. The land must have a year of complete rest." Leviticus 25:3-7 NLT*

Benefits of resting the land:

- Preserve and replenish soil \_\_\_\_\_
- Prevent \_\_\_\_\_
- Increases biodiversity

Spiritual benefit: Taught the people to \_\_\_\_\_ the Lord

The consequence of failing to rest

*"Then at last the land will enjoy its neglected Sabbath years as it lies desolate while you are in exile in the land of your enemies. Then the land will finally rest and enjoy the Sabbaths it missed. As long as the land lies in ruins, it will enjoy the rest you never allowed it to take every seventh year while you lived in it." Leviticus 26:34-35 NLT*

Health requires establishing healthy \_\_\_\_\_.

# Four Habits of Jesus

## 1. The Habit of \_\_\_\_\_

Jesus consistently sought out times of silence and solitude.

***"Jesus would 'withdraw to a desolate place and pray."***

*(Matthew 4:1, Mark 1:35, Mark 1:45, Luke 5:16, Matthew 14:13, Mark 6:31, Luke 4:42, Luke 5:16, Luke 22:39)*

S - \_\_\_\_\_

A - \_\_\_\_\_

V - \_\_\_\_\_

E - \_\_\_\_\_

R - \_\_\_\_\_

S - \_\_\_\_\_

## 2. The Habit of Recharge

***"The Sabbath was made for man, not man for the Sabbath." (Mark 2:27, ESV)***

Sabbath means "\_\_\_\_\_ " work.

Is this rest?

Is this worship?

### 3. The Habit of \_\_\_\_\_

*"Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay. Acquire no gold or silver or copper for your belts, no bag for your journey, or two tunics or sandals or a staff, for the laborer deserves his food." (Matthew 10:8–10, ESV).*

Kingdom simplification is the intentional  
\_\_\_\_\_ of what we value most and the  
\_\_\_\_\_ of anything that distracts us from it.

### 4. The Habit of \_\_\_\_\_

Jesus never \_\_\_\_\_; He \_\_\_\_\_.

What we give our attention to is ultimately what we  
become.