

## **THE POWER OF LITTLE THINGS**

### **HEALTHY HABITS**

Do not merely \_\_\_\_\_ to the word, and so deceive yourselves. \_\_\_\_\_ what it says. **(James 1:22)**

Do not despise these \_\_\_\_\_ beginnings, for the LORD rejoices to see the work begin. **(Zechariah 4:10)**

\_\_\_\_\_ by little I will drive them out before you, until you have increased enough to take possession of the land. **(Exodus 23:30)**

The LORD your God will drive out those nations before you, \_\_\_\_\_ by little. You will not be allowed to eliminate them all at once, or the wild animals will multiply around you. **(Deuteronomy 7:22)**.

“I challenge you to grow \_\_\_\_\_ inch per day as a person. At the end of one year, you will have grown over \_\_\_\_\_ feet. Where I’m from that’s a giant.”

**Mark Twain:** “The only way to keep your \_\_\_\_\_ is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.”

**John Maxwell:** “Never underestimate the \_\_\_\_\_ effect of consistency.”

\_\_\_\_\_ = rank under another person

- \_\_\_\_\_ yourself to be at their level

- \_\_\_\_\_ someone up under you

In the world of sports, no one talks about Larry Bird’s dedication to shooting \_\_\_\_\_ shots each morning before he went to school.

In the business world, J.B. Hunt Sr. of Hunt Transport Services, the largest publicly owned trucking company in the U.S., started from \_\_\_\_\_ during the Great Depression.

- His first job was at his uncle’s sawmill. He held jobs as a lumber salesman, auctioneer and truck driver.

- His focus on doing \_\_\_\_\_ jobs with excellence, helped him grow \_\_\_\_\_.

- His first stint in the trucking business ended with a \$19K \_\_\_\_\_ in the early 1960’s. He learned from the failure. The key is to fail \_\_\_\_\_.

- David was a master of the little things.

- He was “least likely to succeed” as voted upon by his father when we first meet him.

- David wasn’t even invited to the “selection party.” His seven brothers were invited, but he was left out in the field to shepherd the sheep.

- *But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected*

him. *The LORD does not look at the things people look at. People look at the \_\_\_\_\_*

*appearance, but the LORD looks at the \_\_\_\_\_.*” (1 Samuel 16:7)

- David had a heart that ran hard after God.
- David was the quintessential overachiever.
- David was excellent at many things:
  - \_\_\_\_\_ = he protected the sheep
  - Sling shot = he mastered the skill
  - \_\_\_\_\_ = he wrote most of the Psalms
  - Personal Grooming = he was \_\_\_\_\_ and healthy

*So, he sent for him and had him brought in. He was glowing with health and had a fine appearance and \_\_\_\_\_ features.* (1 Samuel 16:12)

- David demonstrated tremendous \_\_\_\_\_ to be the best he could be at everything he did.

Eight \_\_\_\_\_ of Life:

1. \_\_\_\_\_ Health

- Many people say that they don't have time to take care of themselves physically. That will become a \_\_\_\_\_ prophecy. If you don't make time to exercise, then you will most likely not have as much time in the end.
- Lie: "I don't have \_\_\_\_\_ for that."
- We're all created \_\_\_\_\_ in that we have 24 hours in a day.
- It's our \_\_\_\_\_ how we invest time.
- Truth: "That's not a \_\_\_\_\_ to me."
- We make time for those things that are \_\_\_\_\_ to us.

2. \_\_\_\_\_ Health

- A two-line poem that expresses this well:  
"Two men looked through prison bars. One saw mud and the other saw stars."

- You are a \_\_\_\_\_ of what you focus on in life.
  - If you focus on the negative, then you will be \_\_\_\_\_.
  - If you focus on the positive, then you will be \_\_\_\_\_.
  - If you focus on darkness, then your countenance will be \_\_\_\_\_.
  - If you focus on light, then your countenance will be \_\_\_\_\_.
  - If you focus on yourself, then you will be \_\_\_\_\_ to others.
  - If you focus on the needs of others, then you will be a \_\_\_\_\_ to others.

*The King will reply, "Truly I tell you, whatever you \_\_\_\_\_ for the least of these brothers and sisters of mine, you \_\_\_\_\_ for me." (Matthew 25:40)*

### 3. \_\_\_\_\_ & Social Health

- Your body is a \_\_\_\_\_ producing machine.
- You mess up the system by putting bad substances into your life.
- \_\_\_\_\_, according to God, is "*not good*." In fact, it can be a killer. Suicides increase when people feel isolated and alone.
- God created us to live together in \_\_\_\_\_.

*The LORD God said, it is \_\_\_\_\_ good for the man to be \_\_\_\_\_. I will make a helper suitable for him." (Genesis 2:18)*

### 4. \_\_\_\_\_ Health

- It's healthy to spend \_\_\_\_\_ than you make.
- Having a \_\_\_\_\_ plan brings peace.
- It's healthy to give. The \_\_\_\_\_ for being stingy is to give more. Giving people are \_\_\_\_\_ people.

*Jesus himself said: "It is more blessed to \_\_\_\_\_ than to receive." (Acts 20:35)*

### 5. \_\_\_\_\_ Health

- A few years ago, on “Sixty Minutes,” a man was being interviewed who had climbed Mt. Everest. It was a dreadfully difficult climb where two of his team ended up dying in the process. The effort and cost of the expedition hardly seemed worth it to the person doing the interview. In fact, the interviewer looked at the man and asked the simple question, “Why would you endure such cost, hardship, sacrifice, and trial to make the climb?” The man looked at him and simply replied, “Obviously, you’ve never stood on the top of a mountain.”
- Everything in life worth attaining requires a \_\_\_\_\_. You don’t fall upwards. You  
Climb upwards. It’s what separates leaders from the rest of the pack. Few are willing to make  
the \_\_\_\_\_ necessary to be great leaders.
- It’s a process. It doesn’t happen in BIG advances. It happens in \_\_\_\_\_ incremental  
steps. The day in and day out grind helps us advance to the summit. An \_\_\_\_\_ a day is  
what is required. You have to invest time and energy to experience \_\_\_\_\_.

6. Build the \_\_\_\_\_

- Develop and empower next \_\_\_\_\_ leaders to carry the baton to new heights  
*Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart  
and with all your soul and with all your strength. The \_\_\_\_\_ that I give you today are  
to be on your hearts. Impress them on your \_\_\_\_\_. Talk about them when you sit at  
\_\_\_\_\_ and when you walk along the \_\_\_\_\_, when you lie down and when you  
get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the  
doorframes of your \_\_\_\_\_ and on your gates. (Deuteronomy 6:4-9)*  
*And the things you have heard me say in the presence of many witnesses \_\_\_\_\_ to reliable  
people who will also be qualified to teach others. (2 Timothy 2:2)*
- Secure leaders \_\_\_\_\_ others to lead.
- By 1914, Henry Ford and Ford Motor Company was producing nearly \_\_\_\_\_ of all  
automobiles in the United States.
- For almost \_\_\_\_\_ years, Ford only offered one model of automobile, the Model T, which

Henry Ford personally developed, and only in one color, black.

- By 1931, Ford's market share was down to \_\_\_\_\_.
- Henry Ford was the antitheses of an empowering leader. He was \_\_\_\_\_ and distrusting and always looking over their shoulders.
- Any time a promising leader rose up in the company, Henry would tear him down and run him off. The company kept \_\_\_\_\_ its best leaders.
- The few who stayed, did so because of Henry's son, Edsel. They figured someday Henry would die and Edsel would finally take over and make things right. Unfortunately, in 1943, Edsel died at the young age of \_\_\_\_\_.
- Edsel's oldest son, 26-year old \_\_\_\_\_, took over. Unfortunately, he was very much like his grandfather for whom he was named.
- Young Henry took over a company that hadn't earned a profit in \_\_\_\_\_ years and was currently losing \_\_\_\_\_ a day.
- Lee Iacocca said the following after leaving Ford, "Henry Ford, as I would learn firsthand, had a nasty habit of getting rid of strong leaders."

## 7. \_\_\_\_\_ Health

- Author and speaker, Gary Smalley, calls it the \_\_\_\_\_ bank account. You have to make more \_\_\_\_\_ than you do withdrawals, in order to keep the relational bank account healthy.
  - If you're married, then what \_\_\_\_\_ are you making into your spouse?
  - If you have children, then what \_\_\_\_\_ are you making into your children.
  - The Bible tells us that our enemy, the devil, is a \_\_\_\_\_ and *the father of lies*.

In fact, the Bible says that when he lies that *he speaks his native language*. In other words, he's a "fantastic" liar.

...He was a murderer from the beginning, not holding to the truth, for there is no \_\_\_\_\_  
in him. When he lies, he speaks his \_\_\_\_\_ language, for he is a liar and the  
\_\_\_\_\_ of lies. **(John 8:44b)**

- One of the biggest lies that millions of people have believed is the idea that quality time exists on its own. The truth is, you can't have quality time, unless you first invest large \_\_\_\_\_ of time. If only, it was possible to invest quality over quantity. The Truth is, if we could do that, then we'd be even more selfish and self-centered than we already are. It's been said that kids spell \_\_\_\_\_ "T...I...M...E." I believe that is how we all spell love, regardless of age.
- The dinner table is a great place to start investing \_\_\_\_\_.

8. \_\_\_\_\_ Health

- We are therefore Christ's \_\_\_\_\_, as though God were making his appeal through us. **(2 Corinthians 5:20)**
- Ambassador = a diplomatic \_\_\_\_\_ of the highest order. An ambassador represents a nation in a foreign land. They speak and act on behalf of the king/queen/president.
- As Christians, we represent the KING of \_\_\_\_\_ and LORD of \_\_\_\_\_ **(Revelation 19:16)**.
- Follow \_\_\_\_\_ example, as I follow the example of Christ. **(1 Corinthians 11:1)**
- For \_\_\_\_\_ training is of some value, but \_\_\_\_\_ has value for all things, holding promise for both the present life and the life to come. **(1 Timothy 4:8)**