

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)**