

ACCELERATOR

Part 4: God's Glue

STICKING WITH PROGRESS

A. Tips for making habits/action changes stick

1. Stack them
2. Track them
3. Make them visible/invisible

B. God's Glue (*Hebrews 10:35-36 NIV*)

1. Don't throw away your faith - belief and trust
2. God's glue is perseverance

WHEN DAVID COULD HAVE QUIT (*1 Samuel 30:1-8 NIV*)

A. When he experienced loss

1. David lost family and material possessions
2. He could have become angry at God

B. When he experienced problems with people

1. People he had helped and supported - turned against him
2. Extremely discouraging situation

C. David strengthened himself in the Lord - his God

1. Could have recounted what God had done for him in the past
2. Could have praised God and worshipped Him
3. David had to have turned his focus away from the loss and problems

D. A prayer with some grit

1. Do you (Lord) want me to go after them?

ADDING GOD'S GLUE TO YOUR MINDSET (*Hebrews 12:1-3 NIV*)

A. Treat the important things in your life as a race

1. There will be effort involved - not all easy
2. You are not running against others so skip the comparisons
3. Run loose and light

B. What is the joy you are looking to achieve?

1. Jesus was able to stick, to persevere, because He knew what the outcome would do
2. What good will be accomplished by you sticking with the changes you are making?

C. Keep looking at the right things

1. Looking at how hard it is to stay with changes - impacts you negatively (discouraging)
2. Look for the good - what have you done that's right
3. Look for Jesus