

#### **Sonrise Church—Upcoming Events**

**Wednesday Bible study series** 

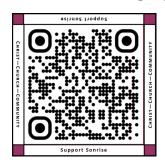
Wednesday 6-7 p.m. using Digging Deeper questions from the church Bulletin

Men's Bible Study Saturday April 27, 9. a.m.
May 12th Mother's Day

**Women in the Word** 

Bible Study Saturday May 18, at 10 a.m.

#### You can help Support Sonrise Church





Directions are available @ http://sonrisechurch.com/giving.html

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## What does it mean to **EAT THE FROG?**

| • This is about <u>priorities</u> and <u>habits</u> . Thi |        |                 | <u>s</u> and <u>habits</u> . This is | s is about |  |
|---|--------|-----------------|--------------------------------------|------------|--|
|   | having | g a             |                                      | every      |  |
|   | day of | f your life.    |                                      |            |  |
| •   | You _  | THE             | first thing                          |            |  |
|   | becau  | ıse:            |                                      |            |  |
|   | 1.     | You are dealing | with the MOST                        |            |  |
|   |        |                 | matter first.                        |            |  |
|   | 2.     | You are dealing | with the MOST                        |            |  |
|   | -      |                 | problem first                        |            |  |
|   | 3.     | You are dealing | with the MOST                        |            |  |
|   | -      |                 | thing first.                         |            |  |
|   |        |                 |                                      |            |  |

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### Determining your personal Priorities & Habits

| • | Setting | <b>PRIORIT</b> | IES: |
|---|---------|----------------|------|
|---|---------|----------------|------|

| 1 | a task list. |             |
|---|--------------|-------------|
| 2 | your tasks.  |             |
| 3 | tasks time.  |             |
| 1 | tho          | tacke firet |



This week we are going to look at spiritual habits and Christian priorities and what the Bible says about them. Read the scriptures and answer the questions each day.

<u>Monday</u>: Romans 12.2 There are two parts to this verse. How is each part important to you as a believer? How does this verse help us form good habits and priorities?

<u>Tuesday</u>: 1Corinthians 9.24-27 Each believer is in a race called life. Here everyone can win, and yes everyone can lose. How does this section help us define goals and habits that we need to win?

Wednesday: 2 Peter 1.5-8 Define the eight qualities we are to work to add to our life. How is this possible? What are the end goals of adding these to our life as believers? Thursday: James 1.21-25 Those who read the word of God are divided into two groups. What is a key to success here. What should the believer expect as results? Friday: Galatians 5.16-25 What does it take to "keep in step with the Spirit?" What do the items on the two list do to/for the person? What must a person who is a follower of Christ do to be free from the works of the flesh? How do you make this happen in your life?

<u>BONUS</u>: Daniel 6.1-28, KEY verse Daniel 6.10 Why did Daniel have so much trouble? How was he able to make the choices he made? How does Daniel help us understand the value of having godly habits and priorities? How did Daniel EAT THE FROG?

## Win the DAY

| <b>*</b> | THE SCRIPT: Who will write your  |
|----------|----------------------------------|
|          | story? God or the enemy?         |
| <b>*</b> | THE WAVE: Face your fears, find  |
|          | your faith & feed on forgiveness |
| <b>*</b> | THE FROG: Priorities and Habits  |
|          | will determine your success.     |
| <b>*</b> | FINALLY: When you must eat       |
|          | frogs. Eat the bigger one        |



## Determining your personal Spiritual <u>Priorities & Habits</u>

| • | <ul><li>Setting SPIRITUAL PRIORITIES:</li></ul> |                | PRIORITIES:                 |
|---|---|----------------|-----------------------------|
|   | 1.  |                | as part of your life every  |
|   |   | day.           |                             |
|   | 2.  |                | &                           |
|   |   |                | to prepare you to face life |
|   |   | and live victo | rious every day.            |
|   | 3.  |                | attendance for              |
|   |   | ·              | and                         |
|   | 4.  |                | your with                   |
|   |   | others.        |                             |
|   | 5.  |                | of,                         |
|   |   |                | AND                         |



#### **Building Habits**

#### How to Build a Habit in FIVE SIMPLE STEPS

After you have determined what you want to do and placed it on your list, you need to work to make it stick.

- 1. \_\_\_\_\_ a specific goal.
- 2. \_\_\_\_\_ a detailed, cue-based plan.
- 3. \_\_\_\_\_ it fun to repeat.
- 4. \_\_\_\_\_ flexibility
- 5. \_\_\_\_\_ the right kind of support.



# When Joshua went to Jericho to **EAT THE FROG**"

Joshua 6.1-21 tells the story of the Hebrews eating the FROG for seven days.
They ate the FROG first thing \_\_\_\_\_\_ morning.
They put God \_\_\_\_\_\_ in their schedule and it paid off.
God \_\_\_\_\_\_ His part when we \_\_\_\_\_ all we can.
They demonstrated 5 key qualities of eating the frog.
\_\_\_\_\_\_ over intensity
\_\_\_\_\_\_ over promises
\_\_\_\_\_\_ over stubbornness

\_\_\_\_\_ over excuses

\_\_\_\_\_ over haphazard

On \_\_\_\_\_ till the \_\_\_\_ is done...