



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.



What does it mean to “EAT THE FROG?”

- This is about priorities and habits. This is about having a _____ every day of your life.
- You _____ THE _____ first thing because:
 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 PRIORITIES:

1. _____ a task list.
2. _____ your tasks.
3. _____ tasks time.
4. _____ the _____ tasks first.



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.

Monday: 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?

Tuesday: 1 Corinthians 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?

BONUS: 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

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



Determining your personal Spiritual Priorities & Habits

- ◆ Setting SPIRITUAL PRIORITIES:
 1. _____ as part of your life every day.
 2. _____ & _____ to prepare you to face life and live victorious 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...