**Improve THIS and Improve Your Life**

**Improve Your ROUTINE and Improve Your Life**

Turn in your Bibles to Matthew 6, Deuteronomy 26 and Hebrews 7

**Introduction:**

**I want to talk briefly about 3 principles that can improve your routine.**

**Principle 1: The Secret to Success is found in your daily routine.**

a. If you commit to studying any subject of your choice for 1 hour a day, you will be an expert in that field in 5 years.

b. There are many areas of your life that routines are necessary if you want to be successful. In each of these areas daily disciplines are needed to get you to your desired goal.

For instance – exercising or working out one time, cannot make you healthy.

You must work out consistently to achieve your goal.

More examples:

Taking your wife on one date doesn’t make you a romantic.

Praying and worshipping for one Sunday doesn’t make you spiritual.

Skipping dessert one time doesn’t make you loose weight.

Buying your child one toy doesn’t make you a good parent.

Having one cup of coffee doesn’t make you a good friend.

**LOVE is spelled TIME!**

Relationships take time.

**Principle 2: Time Blocking**

**Time Blocking** helps us create a routine.

Time blocking is about carving out a certain amount of time for something that is important to you.

Here are some examples:

I want to read books, so I commit this 30 minutes everyday as my reading time.

I want to work out, so I go to the gym 3 days a week at 6pm.

I want to spend time with my family - so this night of the week is family night - no TV’s or cell phones allowed. We are going to eat, play games and talk.

**Principle 3: First things First (It’s about prioritizing)**

**Matthew 6:33-34**

**But seek first the kingdom of God and His righteousness, and all**

**these things shall be added to you. Therefore do not worry about**

**tomorrow, for tomorrow will worry about its own things. Sufficient**

**for the day is its own trouble.**

**How do I seek God first in my life?**

1. **The FIRST part of your DAY**

A.Genesis says the evening and the morning were the first day. This helps

every one. If you are night owl or an early bird, you can put God first.

Whether you get up early to start your day or whether you seal your day

the night before you go to sleep, I want to encourage you to put God first.

B. **Morning Prayers**

1. King David was a morning person.

**Psalms 5:3**

**My voice You shall hear in the morning, O Lord;**

**In the morning I will direct it to You, And I will look up.**

2. Mark 1:35 says Jesus prayed each morning.

3. Praying in the morning, doesn’t just cover your day with prayer, but it

puts you in a spiritual mindset before you start your day.

4. I have a list of things I pray about and declare over my day. It’s a bit of

a routine, but it’s not the only time I pray. It is however, the things I am

believing God for and therefore I say them out loud every morning

before I start my day.

C. **Morning Devotions**

1. A devotion can be done in many ways:

a. Read your Bible

b. Read a chapter in a book

c. Listen to a podcast

d. Watch Christian TV

e. Play worship songs and worship while you get ready.

f. One of my favorite devotion books is called, Jesus Calling.

g. How many of you have discovered “The Bible Experience?”

D. **Speaking Life Over Your Day**

This is a list of things you are speaking over your life:

Nothing is going to happen today that God and I can’t handle.

I will not walk in fear, but I will walk in faith.

I am healthy in body, soul and spirit.

I am debt free in Jesus name and blessings are flowing to me.

I am not easily offended, but I am mature in Christ.

I do not harbor offenses, but I practice forgiveness.

I declare Isaiah 54:13, All of my children will be taught by the Lord.

I declare that I will experience God’s favor and God’s faithfulness.

I am smart, I am capable, I am an over comer.

I am confident, I am blessed and I am a winner.

E. **Speaking Blessings Over Your Family**

2. **The FIRST part of your WEEK**. The first day of the week is Sunday.

How many of you still believe this commandment?

**Exodus 20:8-11**

**Remember the Sabbath day, to keep it holy. Six days you shall labor and**

**do all your work, but the seventh day is the Sabbath of the Lord your**

**God. For in six days the Lord made the heavens and the earth, the sea,**

**and all that is in them, and rested the seventh day. Therefore the Lord**

**blessed the Sabbath day and hallowed it.**

1. The rhythm of life needs to be reset. You need at least one day where

you don’t work. God declared it as a day of worship.

2. A day of worship needs to be more than a routine, it needs to be a sacred

practice in our lives.

3. This is going to sound a little bit like fussing, but that is not my

heart. I say this out of genuine concern and from watching this happen

over and over in peoples family.

a. We seem to find a way to get to all the ball practices so we can make

the team and we seem to be able to find the time to attend all the

games.

b. We seem to get to dance rehearsal, marching band practice and

ballet.

c. We make it to school events, family events and sporting events, but

for some families - regular attendance to the house of God is

OPTIONAL. I’m too tired, or it’s my only day to sleep in.

d. People who do not make WORSHIP a high priority in the weekly

routine often deal with their children choosing not to go to church

anymore after they leave home.

e. Illust- When Jeff Eastham was in high school he was an all pro

athlete in his school. Jeff and his siblings grew up going from one

sport to the next one. He told me that in the month of August when it

was 100 degrees they would go to the high school to practice football

in the morning and them come back that evening to practice again.

That takes commitment, but he also made time to worship on

Sundays and attend his youth group on Wednesday. Today he is a

great family man and God is first in his life.

3. **The first part of your FINANCES**

A. **Exodus 23:19 The first of the firstfruits of your land you shall bring**

**into the house of the Lord your God.**

1. First fruits is about putting God first in your person finances.

2. We need money to live.

3. God wants us to create a place of faith through the test of giving.

B. Illust - The three circles in the field and the blessing of the Priest.

C. Practicing the giving of First Fruits brings a blessing on your house.

**Deuteronomy 26:1–4 ; 13**

**1 And it shall be, when you come into the land which the Lord your God is giving you as an inheritance, and you possess it and dwell in it, 2 that you shall take some of the first of all the produce of the ground, which you shall bring from your land that the Lord your God is giving you, and put it in a basket and go to the place where the Lord your God chooses to make His name abide. 3 And you shall go to the one who is priest in those days, and say to him, I declare today to the Lord your God that I have come to the country which the Lord swore to our fathers to give us. 4 Then the priest shall take the basket out of your hand and set it down before the altar of the Lord your God.**

**13 then you shall say before the Lord your God: I have removed the holy tithe from my house, and also have given them to the Levite, the stranger, the fatherless, and the widow, according to all Your commandments which You have commanded me; I have not transgressed Your commandments, nor have I forgotten them.**

**Hebrews 7:1–8**

**1 For this Melchizedek, king of Salem, priest of the Most High God, who met Abraham returning from the slaughter of the kings and blessed him, 2 to whom also Abraham gave a tenth part of all, first being translated king of righteousness, and then also king of Salem, meaning king of peace, 3 without father, without mother, without genealogy, having neither beginning of days nor end of life, but made like the Son of God, remains a priest continually.**

**4 Now consider how great this man was, to whom even the patriarch Abraham gave a tenth of the spoils. 5 And indeed those who are of the sons of Levi, who receive the priesthood, have a commandment to receive tithes from the people according to the law, that is, from their brethren, though they have come from the loins of Abraham; 6 but he whose genealogy is not derived from them received tithes from Abraham and blessed him who had the promises. 7 Now beyond all contradiction the lesser is blessed by the better. 8 Here mortal men receive tithes, but there he receives them, of whom it is witnessed that he lives.**

1. That means:

I fill out the envelope. The usher takes it from me.

The business office takes it from them. Then Jesus

takes it and presents it as an offering of worship before

the father.

**Recap**

**1. The Secret to Success is found in my daily routine.**

**2. I have to practice Time Blocking to prioritize my life.**

**3. I have to put First Things First in my life if I want God’s blessing.**