

# KEYSTONE HABITS

# BEING

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# CHALLENGE

A 40-DAY CHALLENGE TO (BE LIKE JESUS)





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# BEING

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A 40-DAY CHALLENGE TO (BE LIKE JESUS)

# RED LETTER

CHALLENGE

BEING

FORGIVING

SERVING

GIVING

GOING

# KEYSTONE HABITS

# BEING

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# CHALLENGE

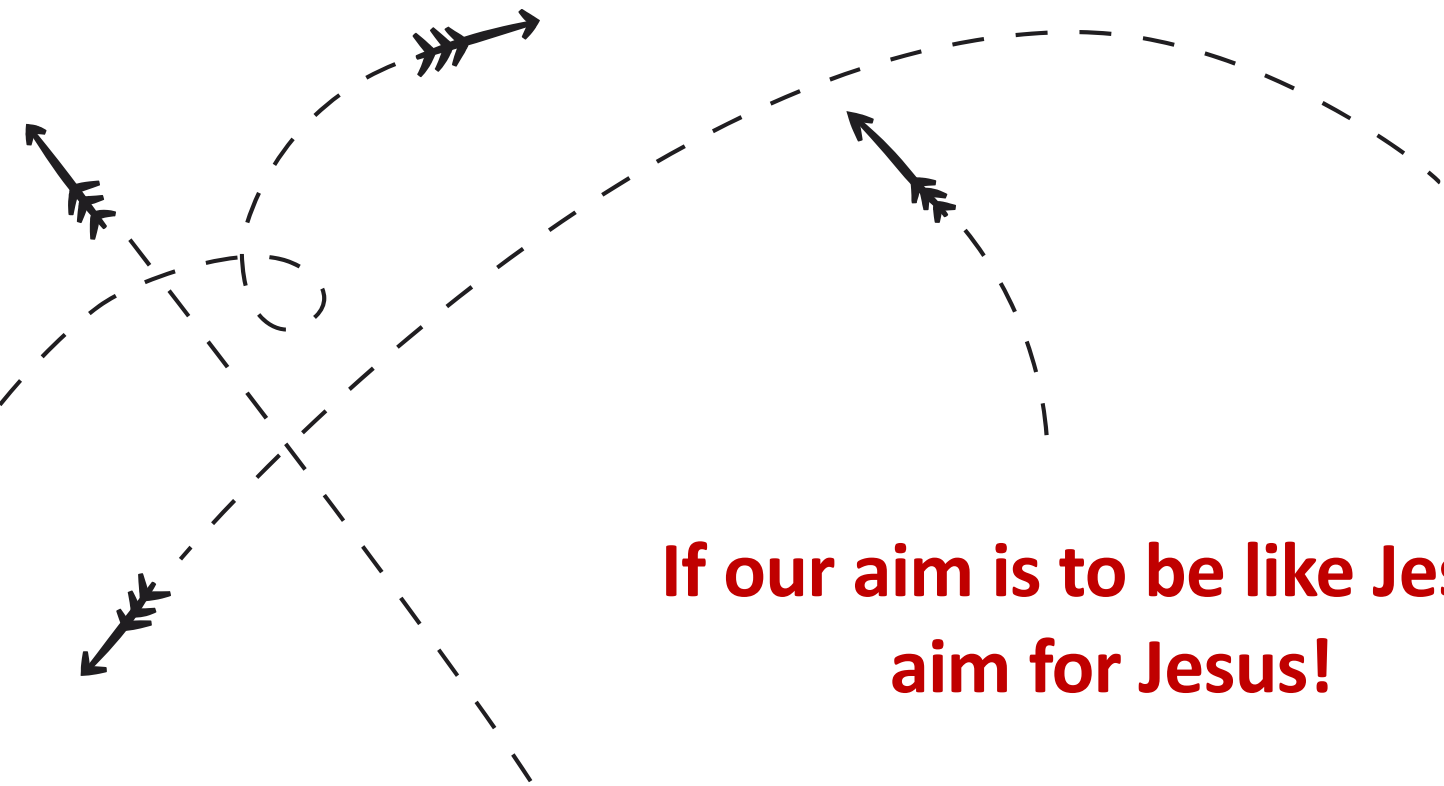
A 40-DAY CHALLENGE TO (BE LIKE JESUS)



1



Why should we aim at Jesus?



**If our aim is to be like Jesus,  
aim for Jesus!**

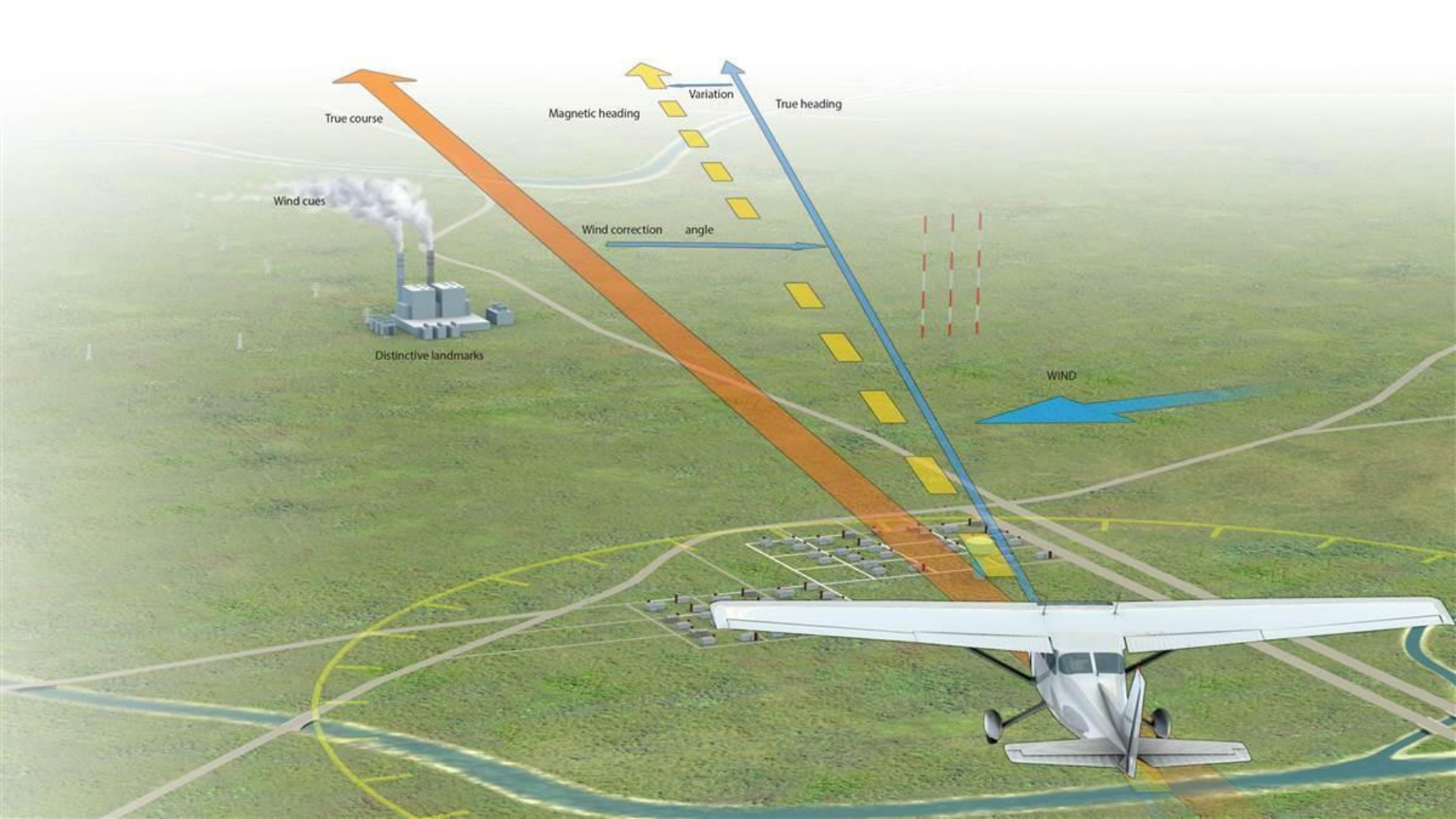


Matthew 11:29

**Learn from me**, for I am gentle and  
humble in heart, and you will find rest  
for your souls.

## Matthew 11:29 (MSG)

Walk with me and work with me –  
watch how I do it. Learn  
**the unforced rhythms of grace.**



True course

Magnetic heading

Variation

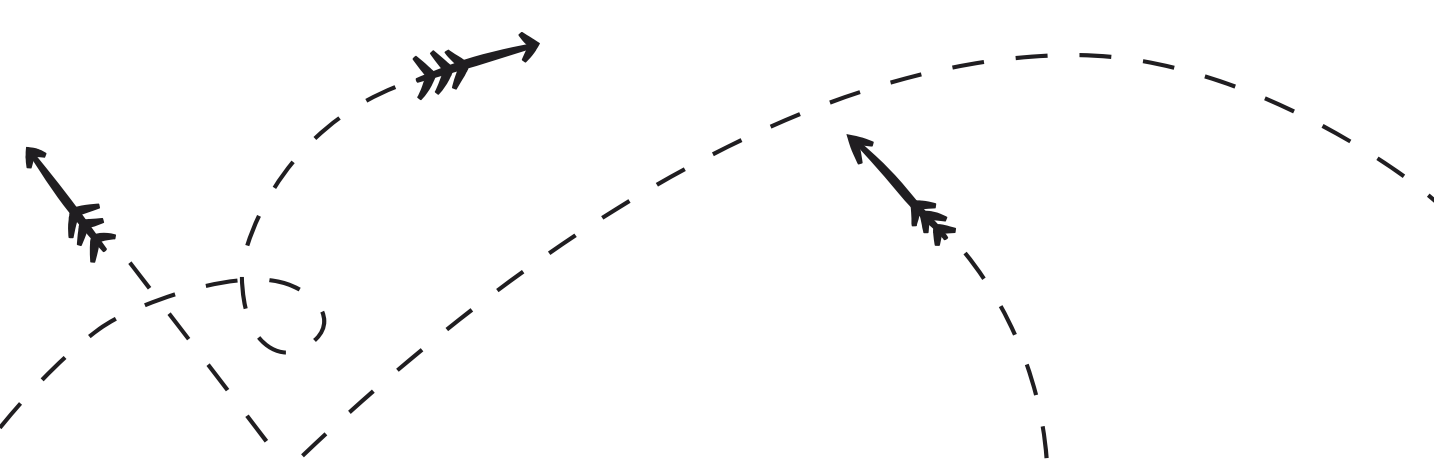
True heading

Wind cues

Distinctive landmarks

Wind correction angle

WIND



**Intention to follow Jesus without  
precision on Jesus leads to confusion.**

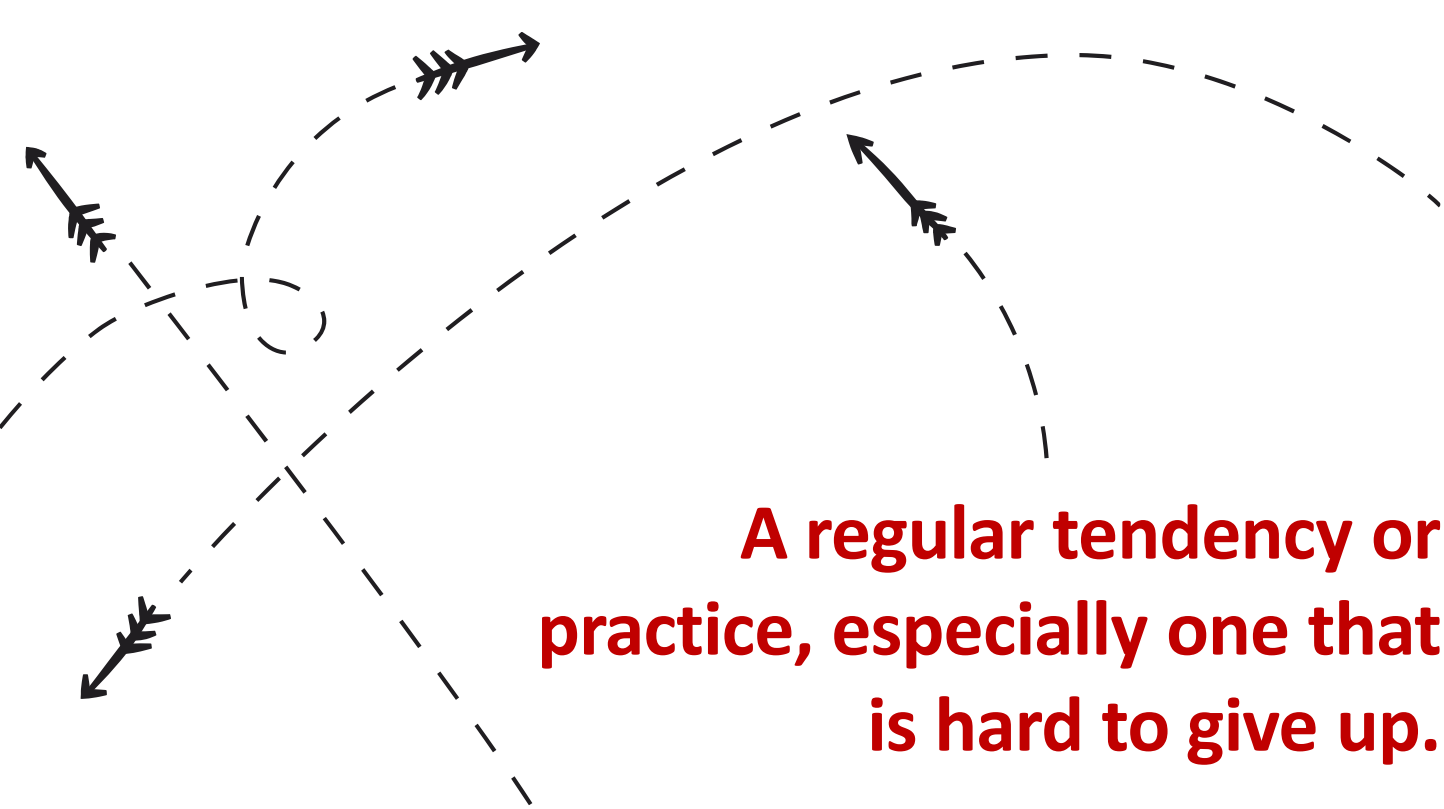
**Intention to follow Jesus with precision  
on Jesus leads to transformation.**



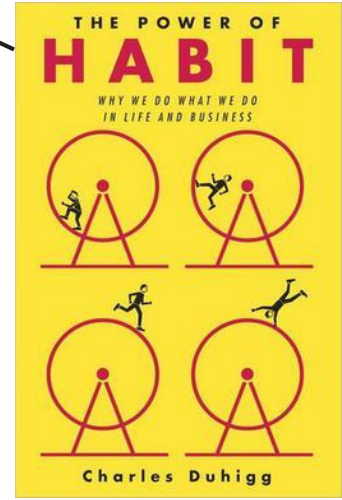
2



How will keystone habits help  
us become more like Jesus?



**A regular tendency or  
practice, especially one that  
is hard to give up.**



## Keystone Habit

**“A habit that people introduce into their lives that unintentionally carry over into other aspects of their lives.”**

# 1 Timothy 4:7

Discipline yourself for the purpose of  
godliness.

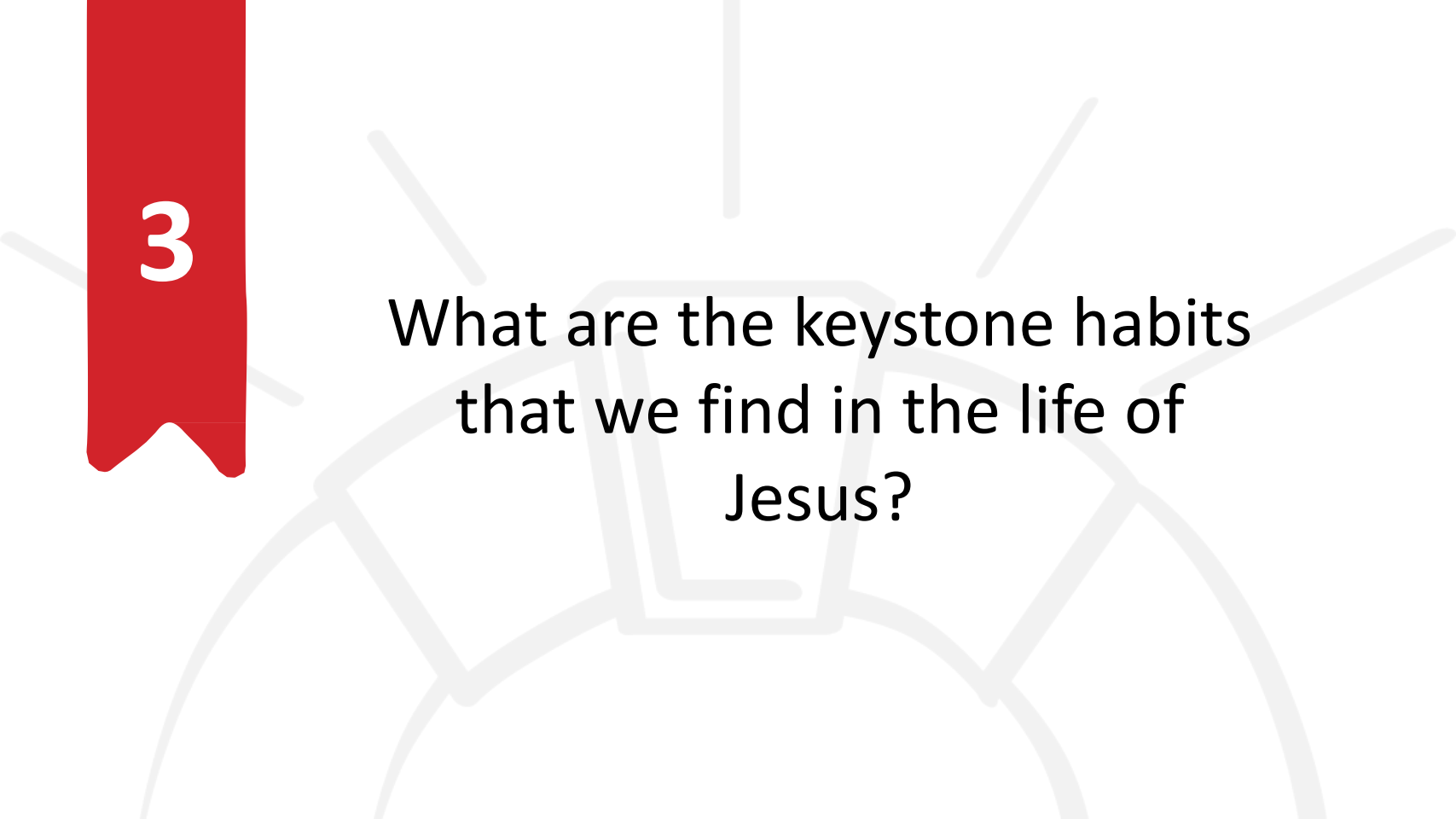


## Matthew 7:24

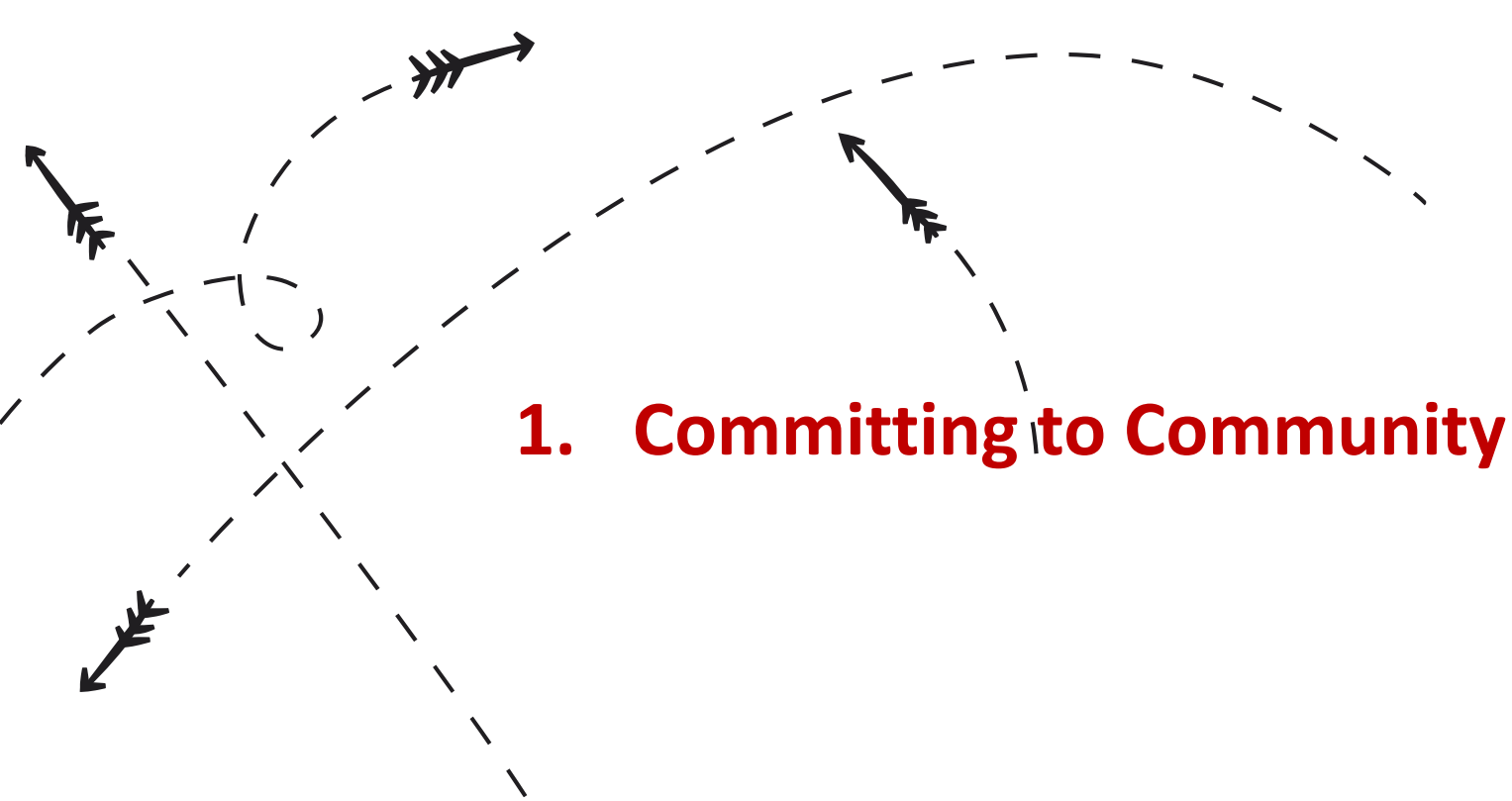
Therefore everyone who hears these words of mine and **puts them into practice** is like a wise man who built his house on the rock.



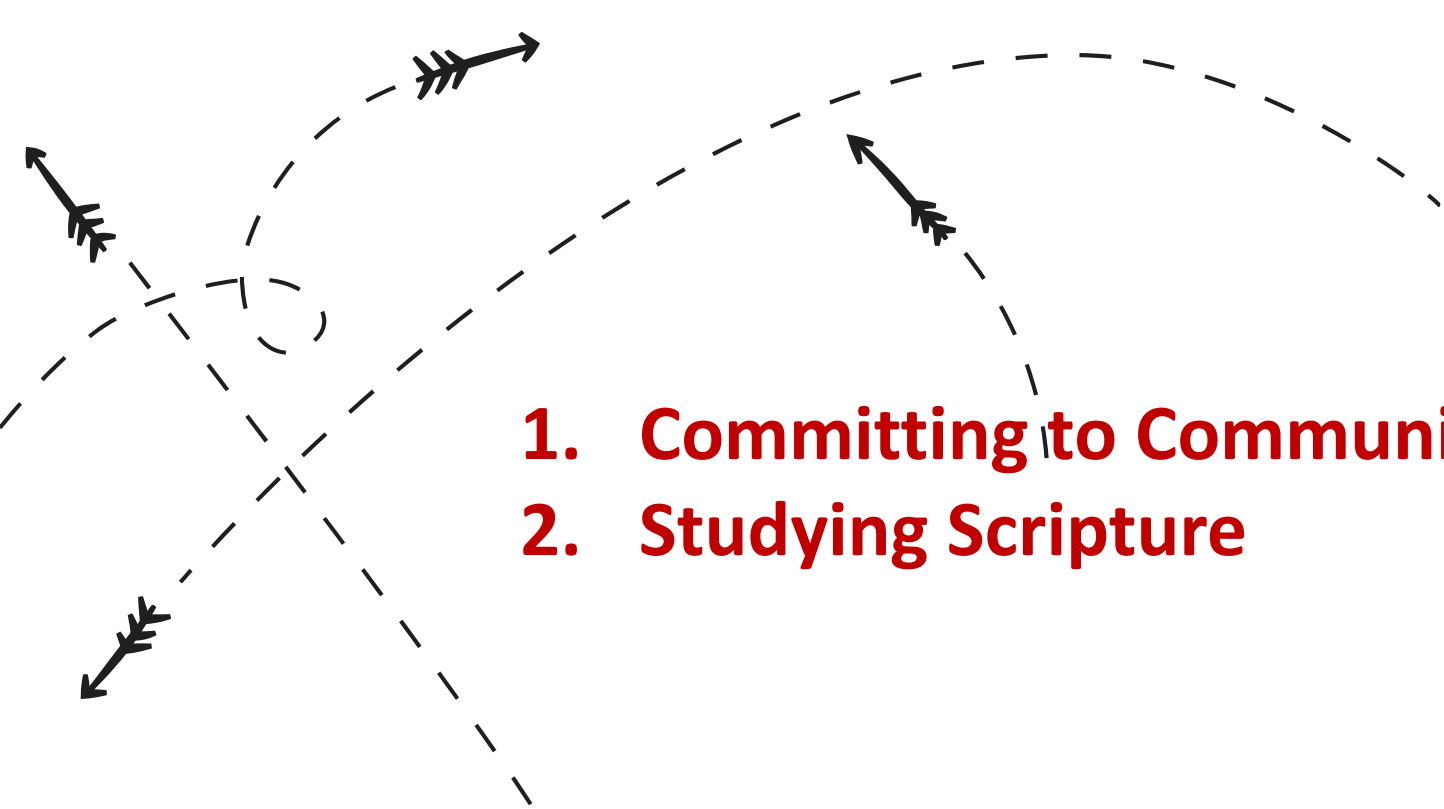
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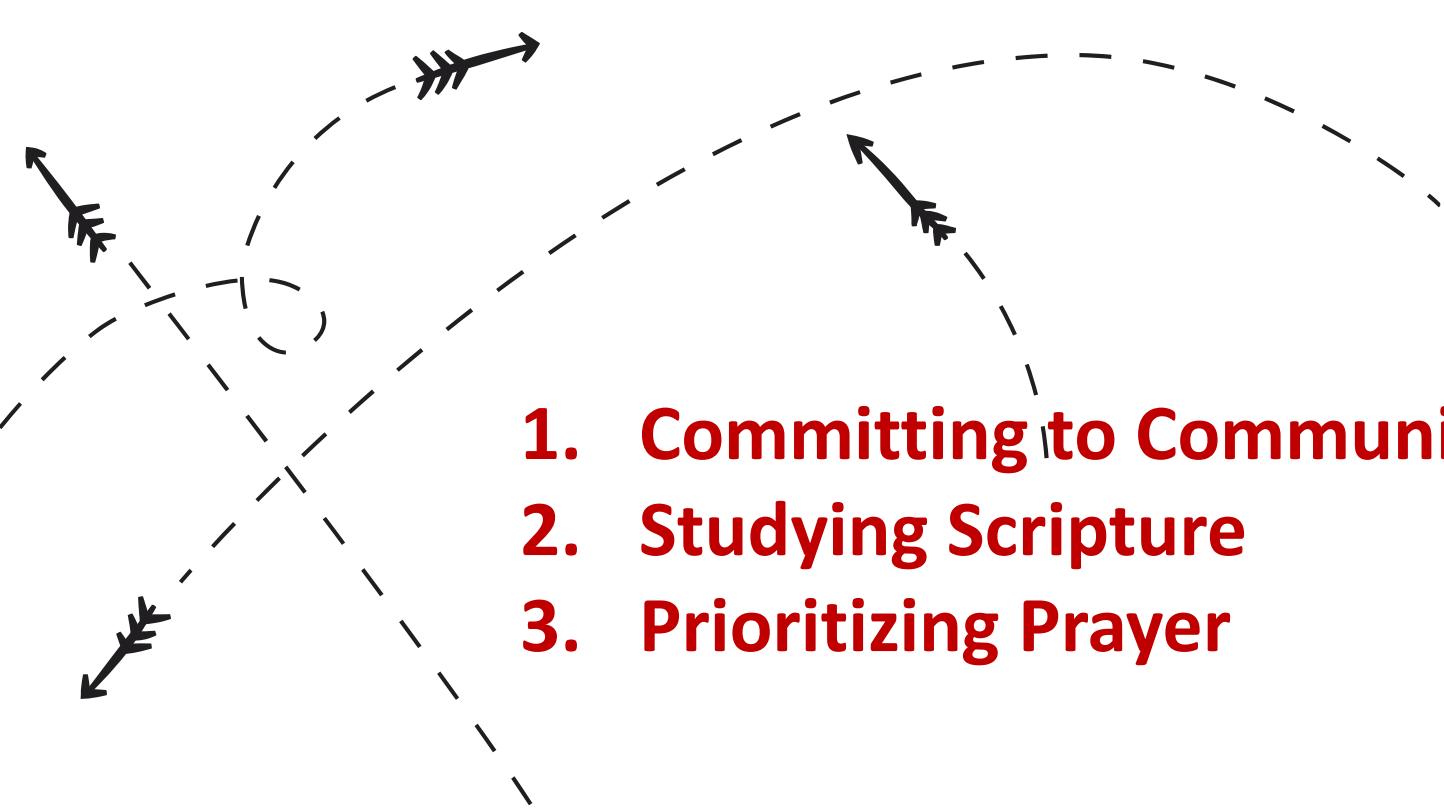
What are the keystone habits  
that we find in the life of  
Jesus?



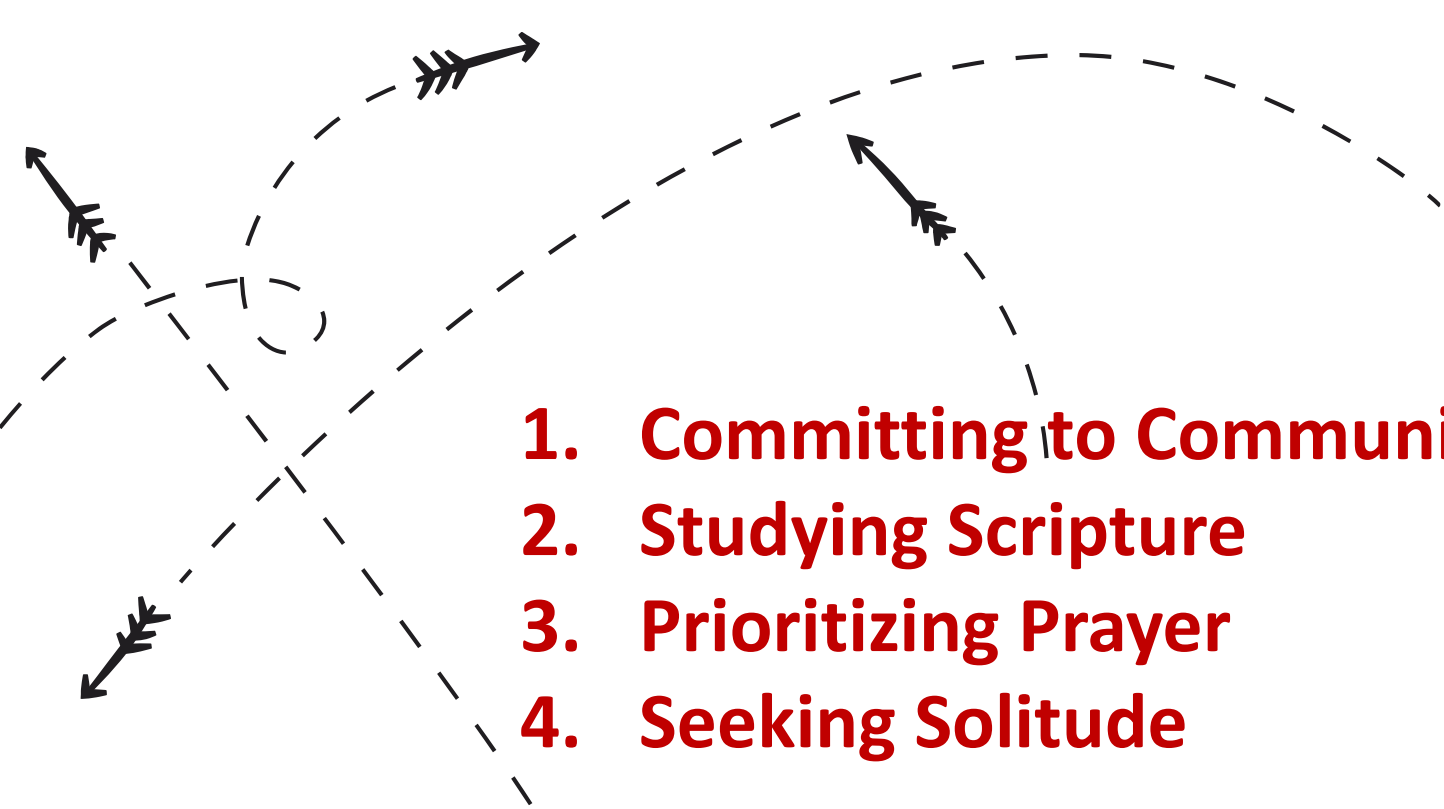
**1. Committing to Community**



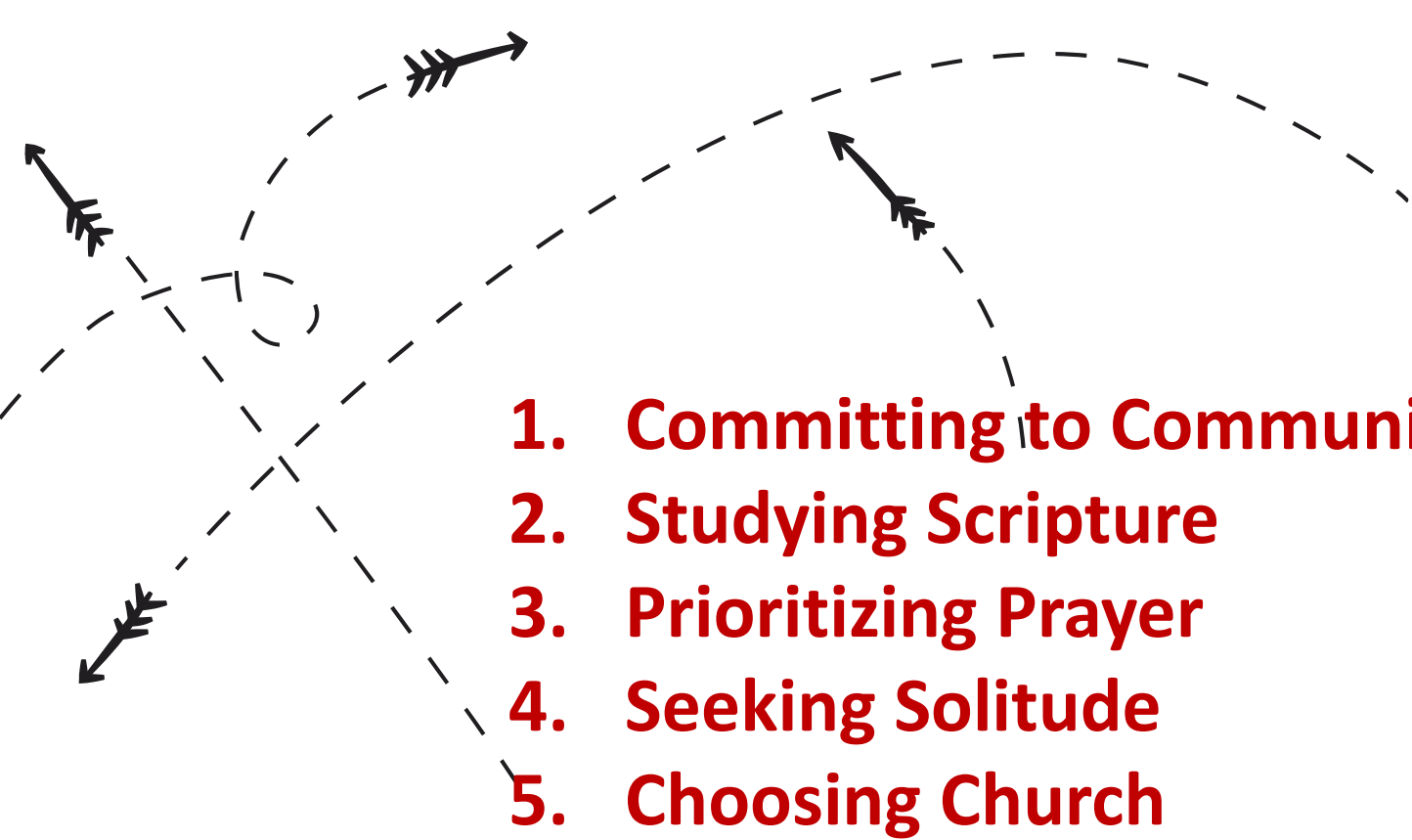
- 1. Committing to Community**
- 2. Studying Scripture**



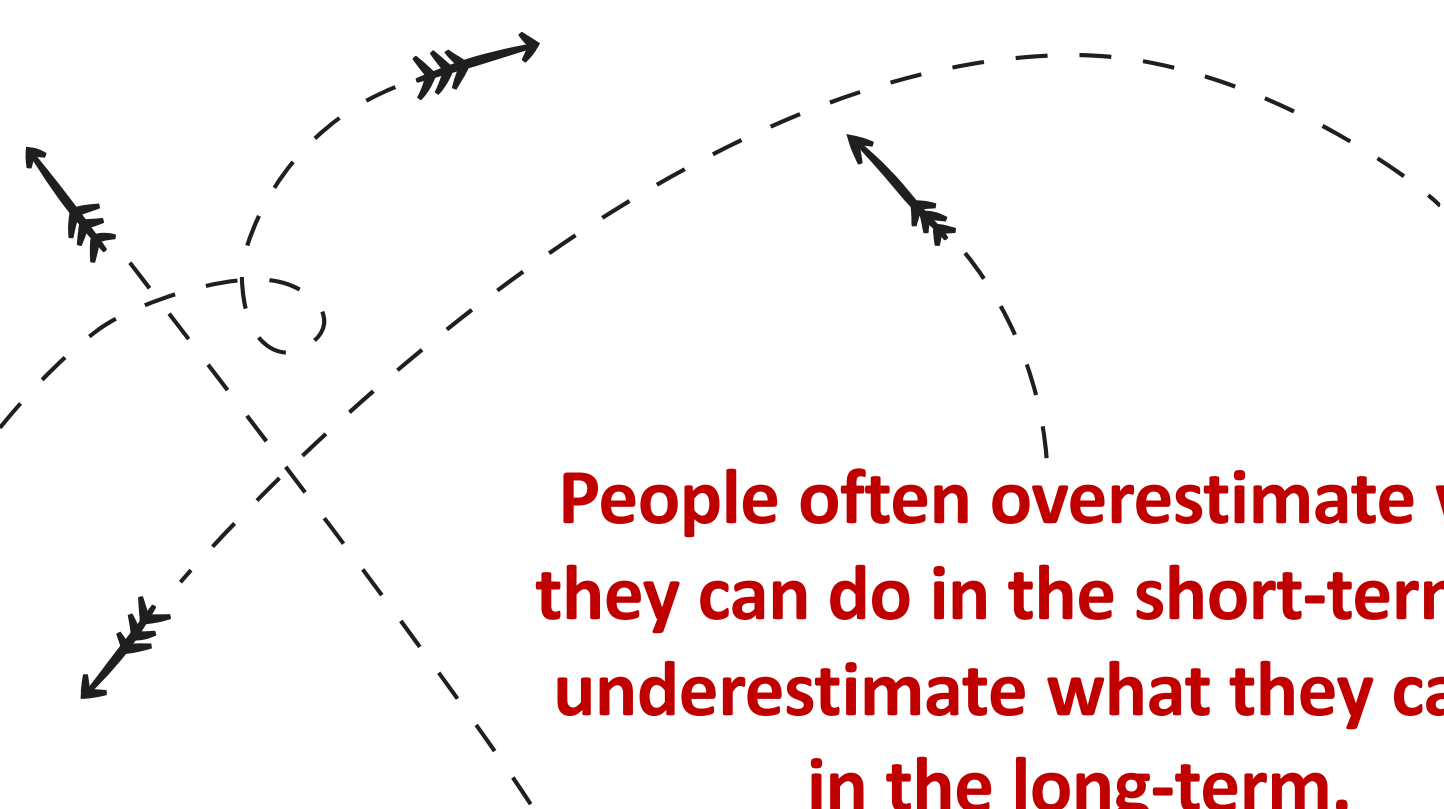
- 1. Committing to Community**
- 2. Studying Scripture**
- 3. Prioritizing Prayer**



- 1. Committing to Community**
- 2. Studying Scripture**
- 3. Prioritizing Prayer**
- 4. Seeking Solitude**



- 1. Committing to Community**
- 2. Studying Scripture**
- 3. Prioritizing Prayer**
- 4. Seeking Solitude**
- 5. Choosing Church**



**People often overestimate what they can do in the short-term and underestimate what they can do in the long-term.**





**Small habits done over a long time  
make a major difference.**

## 1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also **provide you a way out** so that you can endure it.

## Romans 8:11

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

