

AMBL Collective
Morning Time Menu



Habits



Year 1, Month 1

Habits are our liturgy.

I am so glad you are joining me on this month-long journey of forming our habits. We chose this topic as our first Morning Time Menu intentionally.

Habits are our liturgy. Habits are our worship. Habits are responsible for about 40-95% of our actions! When we want to direct our lives toward God, we must first start by considering our habits.

Throughout this month, we are considering our HABITS and how they affect our lives. We will consider good habits that we want to add to our lives and bad habits we want to get rid of. All the while, we will be learning how to best cultivate good habits in our lives.

For our BIBLE STUDY this month, we are going to be reading through the book of Romans. While you read through this book, think about how our habits are changed by the gospel.

Our SCRIPTURE MEMORY hits home on this idea. We are memorizing a section of scripture that includes Romans 12:2. How are our habits transforming us into the image of Christ? How can we incorporate more habits that do this?

Our CHALLENGE this month walks us through some key biblical principles concerning habits while creating habits ourselves.

Our PICTURE study focuses on a painting of a sunrise, a picture of hope. As you rise to meet the sun, you can consider the possibilities of a new day pictured in this painting as well as the opportunities for a new day in your life.

Finally, our BOOK LIST this month includes, Habits of the Household, will reinforce the importance of habits not just for yourself but your whole family with some concrete actions paired with thought-provoking ideas.

By the end of this month, you will have learned some concrete skills in habit creation and created a vision for what you want your life to look like while feasting on some of the great ideas of education.

Let's dive in!

Cayce Fletcher



KEY IDEAS



WHAT ARE HABITS?

- Habits are REPEATED ACTIONS that we do SUBCONSCIOUSLY.
- Habits direct our lives. We don't 'rise to the level of our goals. We fall to the level of our systems' of habits. - James Clear

HOW DO WE CREATE HABITS?

- Determine your aspirations. Who do you want to be?
- Figure out an actionable goal based on that aspiration.
- Pick a habit that will help you work towards that habit.
- Regularly review the habits that you are working on to 'hack' your habits, engineering them to fit your current life situation.

WHAT ARE THE INGREDIENTS FOR HABITS?

- Every habit is made of a prompt, action, and celebration.
- Prompts, aka triggers or anchor moments, need to be the right mix of current motivation and ability. Making a habit tiny and easy to do is the best way to make it stick.
- Stack your habits on top of each other by making the prompt to do the new habit, the previous habit.
- The best celebrations are those that are easy to do right at the moment and based on intrinsic motivation.

HOW DOES BEING A CHRISTIAN AFFECT OUR HABITS?

- Every action we do can be done to glorify God.
- Our actions will transform us into the image of that action. We want to pick habits that transform us into the image of God.
- Spiritual disciplines are habits, and habits are spiritual disciplines.



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Helping You
Create a Life You Love
& Cultivate Your Heart for God

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30 DAY CHALLENGE

habits
30 Days of tasks to help you create a life you love and cultivate your heart for God.

- #1: Journal about your aspirations. Who do you want to be? How do you want to be remembered?
- #2: Journal about your goals, and what you wish you could accomplish. What are your shame points and pain points concerning your habits?
- #3: Pick one goal. What habits could help you reach that goal? Write down a list of behaviors.
- #4: Write out your daily rhythm. Highlight all of the current habits that you have. Label each with a + or - based on whether you want to keep or get rid of that habit.
- #5: Pick one habit that you want to start from your list of behaviors. Brainstorm how you can include it in your daily rhythm.
- #6: Figure out a celebration that works for you.
- #7: Figure out an anchor to stack your new habit on.
- #8: Start your NEW habit today, and track it over the next few weeks.
- #9: If you haven't found an accountability partner yet, reach out to someone today. You can share your habits and encourage each other to make progress.
- #10: Determine 3 habits that you want to STOP doing. Track your progress with quitting these habits over the next few weeks.
- #11: Journal about how your habits can affect your Christian walk. Are your habits conforming you to the pattern of the world or transforming you to the image of Christ?
- #12: PAUSE. Spend today praising God for who he is and the world he has created. Do something active like singing or dancing as part of your praise.
- #13: A habit of prayer is crucial for our relationship with God. Journal about how praying first thing with our morning menu has affected your relationship with God.
- #14: Read Phil. 4:6-7 & James 5:13-18. What do you pray for? What is your attitude in prayer? Do you believe that God truly hears you and will answer your prayer?
- #15: How is your new habit going? By now, your motivation may be wearing off. Remember your motivations and make the habit as easy to do as possible.
- #16: Read 2 Cor. 10:5. How does taking every thought captive relate to habits? What are ways you take every thought captive?
- #17: 1 Cor. 6:19-20 says that you are not your own. Our habits are our way of stewarding our time. How can we steward our time well?
- #18: By now, you've read through the book of Romans. Journal through your insights and what this book has to teach us about habits and the Christian life.

set the tone

- Light a candle
- Turn on some worship music
- Get your favorite drink or treat
- Find your favorite cozy place

pray

Lord,
Please quiet my heart and still my thoughts so that I can focus fully on you. Open my mind and my heart to the lessons I would learn today, to the wondrous things of your law. Keep me ready and willing to hear your voice - both now and throughout the day. Lead me in the everlasting way.

In your son's name,
Amen

ROMANS 11:33-36

33 Oh, the depth of the riches of the wisdom and knowledge of God!

How unsearchable his judgments, and his paths beyond tracing out!
34 "Who has known the mind of the Lord? Or who has been his counselor?"

35 "Who has ever given to God, that God should repay them?"

36 For from him and through him and for him are all things.

To him be the glory forever! Amen.

ROMANS 12:1-2

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

scripture memory

Tips and Tricks for Scripture Memory

- Take it one verse at a time
- Highlight, underline, and box key ideas.
- Put it to a song.
- Meditate on it throughout the day.
- Place it somewhere so that you can look at it often.

have i memorized scripture?

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everyday prayers

- Praise: _____
- For my spouse: _____
- For my children: _____
- For my church and community: _____
- For my work: _____
- For my heart: _____

requests

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POETRY STUDY

Sonnet 19: When I consider how my light is spent
BY JOHN MILTON | 1652-55

When I consider how my light is spent,
 Ere half my days, in this dark world and wide,
 And that one Talent which is death to hide
 Lodged with me useless, though my Soul more
 bent
 To serve therewith my Maker, and present
 My true account, lest he returning chide;
 "Dosth God exact day-labour, light denied?"
 I fondly ask. But patience, to prevent
 That murmur, soon replies, "God doth not need
 Either man's work or his own gifts; who best
 Bear his mild yoke, they serve him best. His
 state
 Is Kingly. Thousands at his bidding speed
 And post o'er Land and Ocean without rest:
 They also serve who only stand and wait."

BIOGRAPHY

John Bunyan 1628-1688 English writer, Puritan preacher and author of *The Pilgrim's Progress*

Bunyan came from the village of Elstow, near Bedford. After some schooling and three years in the army, he returned to Elstow and took up the trade of tinker, which he had learned from his father. He joined the Bedford Meeting, a nonconformist group in St John's church Bedford, and later became a preacher. After the restoration of the monarchy, when the freedom of nonconformists was curtailed, Bunyan was arrested and spent the next twelve years in prison because he refused to give up preaching.

In 1676, Charles II withdrew his Act of Indulgence and four years later, Bunyan was again imprisoned - this time only for six months. During that time, he completed *The Pilgrim's Progress*.

In his later years, he was a pastor. He died at the age of 59. *The Pilgrim's Progress* became one of the most published books in the English language; 1,300 editions having been printed by 1938, 250 years after the author's death. In addition to *The Pilgrim's Progress*, Bunyan wrote nearly sixty titles, many of them expanded sermons.



PICTURE STUDY Claude Monet, Impression, Sunrise, 1874

MUSIC STUDY

MUSIC: Mahler: Symphony No. 2
 FOLKSONG: Simple Gifts
 HYMN: Blessed Assurance



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FANNY J. CROSSBY

Blessed Assurance

PROFESSOR P. KNAPP

1. Bless-ed as-sur-ance, Je-sus is mine! Oh, what a fore-taste of
 2. Per-fect sub-mis-sion, per-fect de-light, Vi-sions of rap-ture now
 3. Per-fect sub-mis-sion, all is at rest, I in my Sav-ior am

glo-ry di-vine! Heir of sal-va-tion, pur-chase of God,
 burst on my sight; An-gels de-scend-ing, bring from a-bove
 hap-py and blest; Watch-ing and wait-ing, look-ing a-bove,

CHORUS
 Born of His Spir-it, washed in His blood,
 Ech-oes of mer-cy, whis-pers of love. This is my sto-ry, this is my
 Filled with His goodness, lost in His love.

song. Prais-ing my Sav-ior all the day long; This is my sto-ry,
 song. Prais-ing my Sav-ior all the day long.

this is my song, Prais-ing my Sav-ior all the day long.

Bible Study

We are reading through the book of Romans. Each day, make a goal of reading through at least 1 chapter. If you would like to go deeper, read a few chapters. With each reading, do one of the following tasks.

CURRENTLY READING: Romans

AUTHOR: _____

DATE WRITTEN: _____

MAIN THEME: _____

KEY VERSE: _____

CHP 1.

CHP 2.

CHP 3.

CHP 4.

CHP 5.

CHP 6.

CHP 7.

CHP 8.

CHP 9.

CHP 10.

CHP 11.

CHP 12.

CHP 13.

CHP 14.

CHP 15.

CHP 16.

outline

Have I read my bible today?

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everyday pick one of the following:

HEAR Method

APPLE Method

Verse Mapping Method

after reading entire book

First Reading: Just Read

Second Reading: Highlight patterns and repeated ideas

Third Reading: Outline Concepts

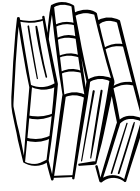
BOOK LIST

christian living: Habits of the Household by Justin Whitmel Earley

topical: Atomic Habits by James Clear

great books: The Pilgrim's Progress by John Bunyan

biography: Fearless Pilgrim: The Life and Times of John Bunyan by Faith Cook



READING PLAN

week 1

- THIS WEEK'S READING**
- Christian Living: p. 1-60
 - Topical: p. 1-75
 - Great Books: p. 1-110
 - Biography: p. 1-130

Christian Living

Topical

Great Books

Biography



week 2

- THIS WEEK'S READING**
- Christian Living: p. 61-120
 - Topical: p. 76-150
 - Great Books: p. 111-220
 - Biography: p. 131-260

Christian Living

Topical

Great Books

Biography



week 3

- THIS WEEK'S READING**
- Christian Living: p. 121-180
 - Topical: p. 151-225
 - Great Books: p. 221-330
 - Biography: p. 261-390

Christian Living

Topical

Great Books

Biography



week 4

- THIS WEEK'S READING**
- Christian Living: p. 181-240
 - Topical: p. 226-306
 - Great Books: p. 331-432
 - Biography: p. 391-528

Christian Living

Topical

Great Books

Biography



School Studies

MORNING MENU

- Prayer
- Scripture Memory
- Bible Reading
- Book Study
- Music Study
- Poetry Study
- Picture Study
- Nature Study

MORNING ROUTINE

- Journaling
- Unload the Dishwasher
- Start a load of laundry
- Exercise
- Drink a glass of water
- Make your bed
- Budget
- Plan

MORNING ROUTINE

have i done my morning routine?

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The strength of a man's virtue should not be measured by his _____

special exertions, but by his habitual acts.

- Blaise Pascal

NATURE STUDY

- Week 1: Sit-spot journaling
- Week 2: Nature spotlight
- Week 3: Nature picnic
- Week 4: Hiking trip

have i been outside?

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