

# DAILY HABITS AND LITURGY

Romans 12.1, 2 // January 12, 2025

## FORMED BY HABITS

Paul lets us know that if we are not being transformed by the renewal of our mind, we *will* be conformed to the world. In our society, the average iPhone user touches their phone 2600 times per day, unlocks their phone 80 times per day, and the majority of people don't even know how much time they spend on their phones. To contrast that, the average person reads 300 words per minute, so in 15 minutes of reading per day, we could read 30 books in a year.

**Your habits form you more than you form your habits.**

**Once I was a scuba diver in the sea of words.  
Now I zip along on the surface like a guy on a jet ski.**  
-Nicholas Carr, "The Shallows"

## LITURGY: HABITS EXPOSED

**But hurry...and busy... is the enemy to spiritual growth.  
It is the death of prayer and only spoils our work.  
It never advances it.**  
-C.S. Lewis' spiritual mentor

**Liturgy: a pattern of actions done repeatedly as an act of worship, or in order to facilitate worship.**

**The difference between habit and liturgy is that  
we admit that liturgy is for the purpose of worship.**  
- Justin Earley

## SWIMMING AGAINST THE CURRENT

These habits, or liturgy, is what we could often call "spiritual reps." As with physical reps, we can start small, doing fewer reps to get acclimated, and over time, they become second nature, the kind of habits that we want to have.

1 Timothy 4.7-10

**Limits are more beneficial  
to transformative liturgy than freedom is.**



## NOTES:

### Announcements:

**GPS (Gospel Positioning Strategy):** Our first GPS Meeting of the year will be on January 15<sup>th</sup>. These meetings are where we discuss church updates and join together in prayer for what God is doing in and through Life Mission.

**Newcomer's Lunch:** Whether this is your first Sunday at LMC or you've been attending for 6 months...if you feel like a newcomer and would like to learn more about our church, plan on sticking around for lunch with our pastors after service next Sunday, January 19<sup>th</sup>. Please RSVP to let us know you'll be attending so we can make sure to have enough food.



### This Week's Call to Worship Psalm:

Psalm 32

### This Week's Scripture to Memorize:

1 John 4.10

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at [amber@lifemission.tv](mailto:amber@lifemission.tv)**

### JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at [tyler@lifemission.tv](mailto:tyler@lifemission.tv)**.

## Contact Us

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## CONNECT WITH LMC



Point your smart phone camera at the QR Code to access a virtual Connection Card

### MAILING ADDRESS:

Life Mission Church  
420 Twin Oaks Valley Rd., #908  
San Marcos, CA 92079

## COMMUNITY GROUP HOMEWORK

Our Community Groups will be off until the week of January 19<sup>th</sup>.

In the meantime, consider ways that you hope to build a lifestyle of abiding in Christ in 2025.

Read **Romans 12.1, 2**. What stands out in this verse and from Sunday's sermon?

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### Your Life Mission

What habits do you think have a bigger role in shaping you and your actions than you would like to really admit?

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What, if anything, are you doing in order to combat those habits? Also, what are you willing to do or know that you need to do in order to combat those habits?

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When you think of habits as liturgy, a pattern that facilitates worship, what does that reveal about your current habits that you are wanting to change?

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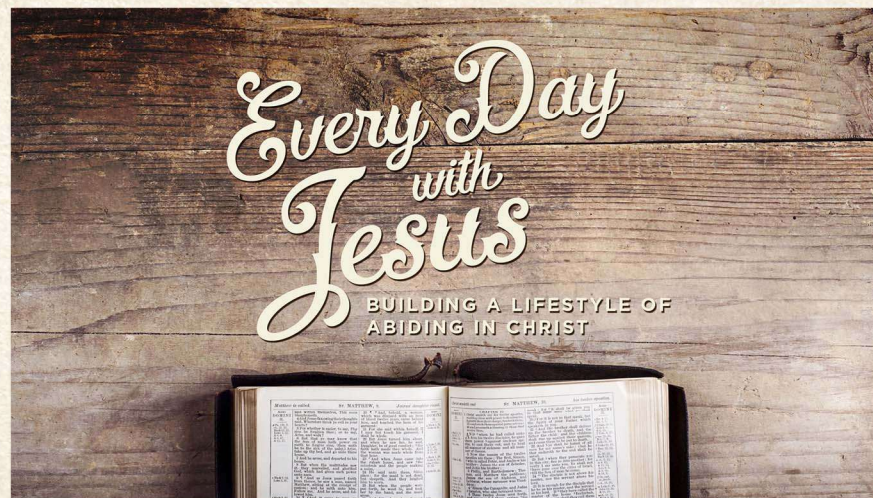
## THE LORD'S P.R.A.Y.er MODEL

- **Preaching the Gospel to Yourself (Matthew 6.9, 10)**
- **Repent and Confess (Matthew 6.12)**
- **Ask for Provision (Matthew 6.11-13)**
- **Yield with Thanksgiving (Matthew 6.10)**

Father, be glorified in \_\_\_\_\_, let Your Kingdom and will be done, in and through \_\_\_\_\_ as it is in Heaven.

Give \_\_\_\_\_ daily bread, and thank You for Your forgiveness.  
Help \_\_\_\_\_ to forgive \_\_\_\_\_,  
because You are the One who has forgiven us.

Keep \_\_\_\_\_ eyes fixed on You and Your Word and promises so that \_\_\_\_\_ may not sin against You.  
Thank You for and help me trust Your sovereign love.



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## SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School  
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

LIFEMISSIONCHURCH.COM

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