



The Notes

BETTER BRAINS

January 23, 2022
Pastor Chris Jung

Part 4: “The Better Habit Brain Train”

“Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

Hebrews 5:13-14 (NIV)

“Patient endurance is what you need now, so that you will continue to do God’s will. Then you will receive all that he has promised.”

Hebrews 10:36 (NLT)

I’LL SUCCEED AT BUILDING BETTER HABITS WHEN I...

1. ...CHOOSE THE _____ THAT MATCH MY _____

“Don’t waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit.”

Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too."

1 Timothy 4:7-8 (TLB)

**2. ...BUILD THE KINDS OF _____ THAT
CAN ACTUALLY _____ MY GOALS**

**HABITS THAT LAST ARE BUILT WITH
THE "R-CYCLE"**

- **Clear Set of Cues to Get Me _____ To Start**
- **Practical Tools I Need For My _____**
- **Reserve of _____ For Motivation**

*"So let's not get tired of doing what is good.
At just the right time we will reap a harvest
of blessing if we don't give up."*

Galatians 6:9 (NLT)

- **Reliable _____ for
Accountability**

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”

Ecclesiastes 4:9-10 (NLT)

“This is not the time to pull away and neglect meeting together, as some have formed the habit of doing. In fact, we should come together even more frequently, eager to encourage and urge each other onward as we anticipate that day dawning.”

Hebrews 10:25 (TPT)