

## You In Five Years – 4-From Evening To Morning

- In part 1, we asked the question **WHO** –WHO do I want to be in five years?
- In part 2, we asked the question **WHY?** Psalm 1 says, DELIGHT in the LORD! WHY? He’s where the JOY is found in YOUR STORY- in your Journey and your DESTINATION!
- In part 3, we asked the question, **HOW?** How are we going to change? “Little by little” and with the LORD’s help!
- Today, **in part 4**, we ask the question **WHEN?**

WHEN are we going to find time to make life changing disciplined habits possible?

To ANSWER this question, FIRST, let’s talk about the **Habit Cycle**:

To insert a new habit you need to establish a “habit cycle” that includes three things: a cue, a routine, and a reward.

1. **THE CUE:** The cue is the trigger or signal that initiates the habit loop. It’s the starting point of the behavior.
  - **Here’s what you do:** You **identify a specific cue** as a prompt for your routine.
    - **For example:** if your new routine is to read a chapter of a book every day, the cue could be **right after dinner**.
2. **THE ROUTINE:** The routine is the behavior or action you want to turn into a habit.
  - **Here’s what you do:** Clearly define the routine you want to establish. Make it specific and actionable.
    - **For Example:** After finishing dinner (cue), I will spend 30 minutes reading a book (routine).
3. **THE REWARD:** The reward is the positive outcome or feeling associated with completing the routine. It reinforces the habit loop.
  - **Here’s what you do:** Consider what reward you’ll associate with completing the routine. It should be something that provides satisfaction and reinforces the habit.
  - **For example:** the reward could be the sense of accomplishment, gaining knowledge from the book, but you can also add something unrelated to reward yourself. I’ll do \_\_\_\_\_, when I finish.

**WHY GO TO SUCH EFFORT to create a habit cycle?**

**Successful people do CONSISTENTLY what other people do OCCASIONALLY–what is one positive behavior you do occasionally that you’d like to do more consistently? [# 5 on TIO]**

REMINDER: Not all habits are equally important. Some are “Keystone Habits” that improve many other habits!!

**WHEN** are you going to make time for YOUR new routine? **That’s the Question of the Day.** To answer that question, we will take a very interesting look at Genesis 1! **Are you ready to hear more?**

**Genesis 1:2–5 (NIV)** Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. <sup>3</sup> And God said, “Let there be light,” and there was light. <sup>4</sup> God saw that the light was good, and he separated the light from the darkness. <sup>5</sup> God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.

#### QUESTIONS:

- When does your day begin? Does it begin with morning or with evening?
- Did you know that the Jewish people of the Bible measure their days from Sunset to Sunset? For example, their Sabbath day of rest begins on Friday at Sunset, and lasts through Saturday at Sunset.

#### QUESTION:

- **Why** does Genesis use this phrase *And there was evening, and there was morning* to describe all six days of creation?
  - Do you describe your day in that order? I sure don't! My day begins in the morning..... It begins with COFFEE! That's my CUE!
- But **why** does the Bible describe the first day with **evening first**?
  - All 6 days of creation use the same phrase—same pattern!

#### WHY?! ANSWER:

On that first day... everything started with DARKNESS... then the day concluded with Light.

**TODAY'S BIG IDEA:** Just as God moved things from darkness, chaos, and disorder, of Genesis 1:2 to a new level of order in stages, we need to build a similar pattern in our own lives! FROM the current “*formless, empty, dark*” life to one filled with “*light and goodness*”, with God's help!!

#### KEY TIMING QUESTION:

**What time block of your day provides the most discretionary time?**

- A. From Morning to Evening?, OR...
- B. From Evening to Morning?

**For most people the surprising answer is “B.”** *From Evening to Morning?* We have very little discretionary time with “A” - (the “day time slot” from morning to Evening ].

- Not only do we have to work, we also have to ...
  - Get the kids to and from school, and their activities: *sports, dance, music lessons, Tai kwan doh, or whatever...*
  - **We also have to** get everyone to the *doctor's or dentist appointment, DMV, post office, etc...*— all of this happens in ...
- **The “DAY TIME” block of time** from “Morning to evening” is slammed! Right? **It's where we have so little control of our time! Our jobs call the shots. We are slaves to the “must do” scheduling!**

**The OPTIMUM time for us to develop important life shaping habits is from Evening to Morning. Think about it.**

- It's before people get up.
- It's before getting to work.
- It's after we get home from work,
- It's before we go to bed.

FROM EVENING TO MORNING is where most of our DISCRETIONARY time is spent.

## I. Make the most of your **DISCRETIONARY** time

When are we going to find time to make changes? During our discretionary time “from evening to morning”!

- **That's where we have to focus on the habits that shape us!** It's before work, and after work! Got it?

**“Evening to morning” is the most powerful portion of our lives to initiate the greatest amount of positive personal change.**

**But here's the problem.**

- “Evening to Morning”, (before and after work) is also often the most **neglected time** of our lives.
- It's often the most **selfish time** of our lives.
- It's often the most **wasted time** of our lives.

**The choices we make in those hours have the greatest effect on the life that you live for good or for bad!**

**So here's what YOU need to ask yourself: Is your evening to morning time helping you or is it harming you?**

**Remember, saying “Yes” to something in a timeblock, means saying “no” to something else in that timeblock.**

I. Make the most of your DISCRETIONARY time

## II. **Get SLEEP**

That's a **really really important job** in the major timeslot FROM EVENING TO MORNING!

"Studies have conclusively linked sleeplessness to irritability, anger, depression, and mental exhaustion."

–Sara Mednick, professor of psychology

- **So, why is that so hard?** I often struggle with this. Do you?
- Why is that so hard? I'll use 2 words.
  - Word 1: “Stress”
  - Word 2: “Electricity”

Before Thomas Edison gave us the electric light bulb in 1879, people were averaging 10 hours of sleep a night. American adults now average 6 hours and 51 minutes.

**This “less sleep trend” is not a good one:** It is NOT helping our productivity or relationships..

**Let’s compare....**

People used to eat and talk and enjoy life together around the table, then they’d move to the living room by the fireplace and tell stories and read and laugh. And then they went to bed! Way earlier than our culture tends to. Does that sound crazy to you?

**Before you dismiss this idea as crazy, unrealistic, and old fashioned, or backward, just ask yourself?**

- Who’s relationships were better?
- Who’s marriages were stronger?
- Who’s character values were more easily transferred to their children?
- Where are the children being shaped now if not around the table, and the fireplace?

I. Make the most of your DISCRETIONARY time

II. Get SLEEP

**III. Then go DEEP**

First get sleep. Then when you wake up, go deep!

*When you steal away your sleep time the night before, you are stealing from your DEEP time!! It affects your prime focus time!*

Here’s a Go DEEP passage!

*Proverbs 2:1–5 (NIV) My son, if you accept my words and store up my commands within you, <sup>2</sup> turning your ear to wisdom and applying your heart to understanding— <sup>3</sup> indeed, if you call out for insight and cry aloud for understanding, <sup>4</sup> and if you look for it as for silver and search for it as for hidden treasure, <sup>5</sup> then you will understand the fear of the LORD and find the knowledge of God.*

- What are you going to fill your time with from the time you wake up till you are at work?  
**That’s my deep focus time.**
- What are you going to fill your time with from the time you leave work, and after dinner?
- What is your plan to focus and go DEEP?

... What will be the cue for your new routine? How can you make your new routine more obvious and easy?

After I \_\_\_\_\_ [cue], I will \_\_\_\_\_ [routine]