

THIS WEEK AT THF

Tuesday

700-900pm ▶ **THF COLLEGE - Worship Service**
Meets at THF

Wednesday

700-815pm ▶ **THF STUDENTS - Worship & Small Groups**
Youth Cafe' opens at 6:30pm

Thursday

630-730am ▶ **MEN'S FELLOWSHIP & BIBLE STUDY**
Meets in the THF Mall

PRINTING YOUR GIVING STATEMENT

www.theheightsfellowship.org

- Click Connect Link
- Click Online Member Portal
- Click Infellowship (Log in or create an account)
- Change year to 2021
- Click View

UPCOMING

MAR 4 - MAR 5
IF: Gathering 2022
Details to come!

MAR 13 & MAR 20
9:30am Service ONLY

JUN 13 - JUN 17
THF KIDS - Camp in the City
Save the Dates

JUN 27 - JUL 1
THF STUDENT CAMP
Estes Park, CO - \$400/Student
\$100 non-refundable
deposit due by March 30th
Register on the THF Student Page

Please continue to check all of our social media outlets
and our website for updates to weekly activities
and Sunday Services.

www.theheightsfellowship.org



FINANCIAL STEWARDSHIP

	<i>Week of 1/9/22</i>	<i>Year to Date</i>
Budget Giving	\$11,316.00	\$15,716.00
Budget Needs	\$17,379.00	\$19,862.00

Free wifi: THFGuest No password needed.



RESET: Your Habits

You have begun to live the new life, in which you are being made new and are becoming like the One who made you. This new life brings you the true knowledge of God. Colossians 3:10 ncv

Truths of the Christian Life...

1. God WANTS you to grow...but it is not AUTOMATIC !

God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him. Romans 8:29 msg

2. God WANTS you to grow...It is not OPTIONAL either!

Let us leave the elementary teachings about Christ and go on to maturity. Hebrews 6:1 niv

Be on guard lest you lose your footing and get swept off your feet by these lawless and loose-talking teachers. Grow in grace and understanding of our Master and Savior, Jesus Christ. 2 Peter 3:17-18 msg

3. God WANTS you to grow...It is not INSTANT...it is INTENTIONAL .

Take pains with these things; be absorbed in them, so that your progress will be evident to all. Pay close attention to yourself and to the teaching; persevere in these things... 1 Timothy 4:15-16

When Life Gets CRAZY...We Need to RESET our HABITS

habit n. -

- ✓ an acquired behavior pattern regularly followed until it has become almost involuntary...
- ✓ a dominant or regular disposition or tendency; prevailing character or quality...

How do you handle 'Crazy Town?'

...don't be intimidated by them. God, your God, is among you—majestic God, awesome God. God, your God, will get rid of these nations, **bit by bit**. Deuteronomy 7:22 msg

"If you dwell on your own feelings about things rather than dwelling on the faithfulness, the love, and the mercy of God, then you're likely to have a terrible, horrible, no good, very bad day. Our feelings are very fleeting and ephemeral, aren't they? We can't depend on them for five minutes at a time. But dwelling on the love, faithfulness, and mercy of God is always safe."
- Elizabeth Elliot

How to hit RESET on your Habits

Recognize the PROCESS DOES NOT SAY WORK 'FOR' YOUR SALVATION ...continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to His purpose. Philippians 2:12-13 niv

- Learning is in the **LAYERS** (we learn slowly)
- Sometimes you have to UNLEARN some things! Eph 4:22-25
- We tend to **DODGE** hard truth about ourselves John 1:4-5,9-10; 3:19
- We are **PAIN-AVERSE**
- We learn REPETITIVELY

God is not preoccupied with our **COMFORT**
God is passionate about our **CHARACTER**
The process is all about **CHARACTER**

Realize it is a LIFELONG process

Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is. 1 John 3:2 nlt

- God is in **NO HURRY**
- Be **PATIENT** and make no EXCUSES James 1:14
- Don't **GIVE UP!**

Remember it is an INSIDE job

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. 2 Corinthians 3:18 esv

We cannot become like Jesus **ON OUR OWN!**
God empowers life change by **HIS SPIRIT**
working on **WILL**

- COOPERATE with what God is doing
 - Let go of the **PAST**
 - **CHANGE** your thought process
 - Adopt Jesus' character **CF MATT 5:1-12; GAL 5:22-23; 1 COR 13; 2 PET 1:5-8**
- **Use God's TOOLS**
Sometimes He uses **STUFF**
Sometimes He uses **PEOPLE**
ALWAYS He speaks in the **BIBLE**
He always converses in **PRAYER**

22 So get rid of your old self, which made you live as you used to—the old self that was being destroyed by its deceitful desires. 23 Your hearts and minds must be made completely new, 24 and you must put on the new self..
Ephesians 4:22-24 gnt

THF LIFENotes
Week of January 16

1. What is the most difficult habit you have ever had to attempt to break? Why? Were you successful? How were you able to break it?

2. Read Philippians 2:12-13. What does this passage communicate to us about the process of change? How does knowing this truth affect your process in resetting your habits?

3. How can you evaluate the value of currently held habits? Use Galatians 5:22-23 as an evaluation guide. Discuss this with your group.

4. God sometimes uses STUFF and PEOPLE to RESET habits. God always uses His Word and conversations through prayer to RESET habits. Which combination of these is most effective in your life to changing habits? Discuss with your group.