

Take Action!
Take a Step!
Move!



The 1% Rule

THE SECRET TO STICKING TO NEW YEAR'S RESOLUTIONS!

LUKE 3: 15-16, 21-22

Therefore, my dear brothers & sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.
1 Cor 15:58



HAVE YOU MADE ANY NEW YEAR'S RESOLUTIONS? HAVE YOU MADE THEM IN THE PAST? WHAT HAS BEEN YOUR EXPERIENCE OF TRYING TO STAY FAITHFUL TO THEM?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "THE SECRET TO STICKING TO A NEW YEAR'S RESOLUTION" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



Click here to see the montage Fr Mike references and see what you think!



What is it about the Rocky movies that Fr Mike finds so inspiring?

What effect did seeing Rocky IV have on Fr Mike and his siblings?

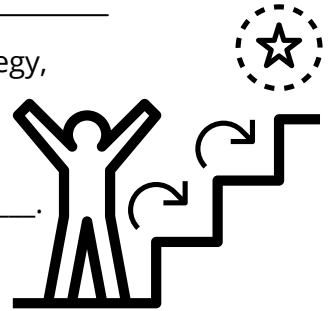
INSPIRATION ON ITS OWN IS NOT ENOUGH FOR CHANGE TO HAPPEN...



What cycling team did Dave Brailsford coach to victory in just three years?

Brailsford credited "mimimal aggregate gain" as his winning strategy, also known as The _____ rule.

In simple terms this means we try to improve ourselves by ___ % every _____. Small steps that help us move towards where we want to be.



This Rule demands we have a clear sense of _____.

For Christians that means asking "What kind of person does God _____ me to be by the _____ of this _____?"

To discover this, Fr Mike invites us to do two things: _____ and _____



goal:

WHEN WE HAVE A CLEAR VISION, WE CAN DECIDE ON THE SMALL 1% IMPROVEMENTS THAT BRING US CLOSER TO THE VISION GOD HAS PLANTED IN OUR HEARTS.

Being faithful does not necessarily mean having a lot of faith and feeling it a lot.



- **Faithful means:** Keeping your _____ and keeping them _____.
- **Consistency** will beat _____ every time!

THE 1% RULE

[LUKE 3:16-16, 21-22](#)

AM I CONSISTENT IN CHOOSING THE LORD? AM I CONSISTENT IN REPENTING WHEN I FALL? EVEN IN THE MIDST OF FAILURE AND SIN, DO I REMAIN FAITHFUL? DO I CHOOSE GOD WHEN I FALL?

STILL FEELING A BIT MEH? *It's not about your emotions!*

If you are feeling lukewarm and don't care, what does Fr Mike recommend?



Remember: your intellect and will can guide your _____.

Now Read Luke 3:16-16, 21-22



The story of the Baptism of Jesus might seem simple enough until we start probing a little deeper. Why was John baptising people in the River Jordan? So they could repent of their sins and prepare for the coming of the Messiah. Did Jesus need to repent of any sins? Of course not, He is God, and He **was** the coming Messiah. So why did He get baptised?

Jesus' baptism was *symbolic*. Jesus, as God, actually *sanctified* the waters by His descent into them, rather than needing to be cleansed of any sin. His baptism was for *our* sake, not for His. He chose to embrace and represent the human condition which is broken and in need of forgiveness and healing, and this was symbolised at his baptism. His public ministry is about to begin, and at that moment, the Father says, "You are my Son, the Beloved; my favour rests on you." The will of Jesus was completely united with the Will of the Father. If we want to become the person God is calling us to be, we also need to unite our will to His, and follow His guidance for each day and each action of our lives!

"God has placed a vision of your life for who he wants you to be at the end of this year.

Choosing that faithfully, just 1% every day, ends up resulting in the kind of person God wants you to be."

(Fr Mike Schmitz)

MISSION!

SPEND TIME THIS WEEK PRAYING, JOURNALING AND COMMITTING TO THE KIND OF PERSON GOD WANTS YOU TO BE AT THE END OF THIS YEAR: WHAT VIRTUES, DECISIONS, GROWTH, PRUNING, CHANGE WILL THAT REQUIRE? WHEN YOU'RE READY, COMMIT TO YOUR FIRST 1%, AND THEN REPEAT DAILY TILL THE END OF THE YEAR! KEEPING A JOURNAL, A WRITTEN RECORD, WILL HELP YOU.



PRAYER TIME!

Father God, my Father, You have a loving plan for my whole life. I do not know exactly where You want to lead me, but grant me the grace to trust in Your plan. Show me now who it is You want me to be at the end of this year. Teach me daily what I need to do, to become that person, the best version of myself. Help me to commit to small steps faithfully, to grow 1% closer daily to that vision.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE YEAR AHEAD

- [Your Plans for Us - Eleventh Hour Worship](#)
- [When God's Perfect Plans - Resound Worship](#)
- [I will trust - Elevation Worship](#)
- [Your Promises - Elevation Worship](#)
- [The Change in Me - Casting Crowns](#)
- [I will follow You - Kristene di Marco](#)
- [I choose to worship - Rend Collective](#)
- [Good to me - Audrey Assad](#)



Click the links for the YouTube videos to listen to some suggestions!



New Year's Resolutions ... for Me or for God? LITTLE BY LITTLE w/Fr Columba Jordan CFR



The Key to Self-Mastery: Improvements by Aggregation of Marginal Gains



Doodle Prayer



CLICK HERE FOR SOME
RELAXING
INSTRUMENTAL MUSIC



Allow yourself some space to sit and reflect on your future. You might prefer to play some music in the background, or just sit in silence. Read the words of Thomas Merton below and pray with them. Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. What are the areas of your life you need to invite Jesus into? What situations, relationships do you need His help with? What decisions do you have to make? Ask the Holy Spirit to guide your heart and your thoughts. This is a particular space you are creating for God in your life today. Speak, and listen.

My Lord God,

I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

nor do I really know myself,

and the fact that I think I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you
does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this
you will lead me by the right road,

though I may know nothing about it.

Therefore will I trust you always though
I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.