

# FOURTH DAY LIFE



## ANNUAL MEETING AND ULTREYA

Date: JANUARY 29th

4:00-6:00 pm

Location: Mount Zion Lutheran Church, 4520 W Ajo Way, Tucson, AZ

Keep the love flowing and join with your community to renew old friendships and make new ones. There will be fun, fellowship, music and love – invite a friend, all are welcome!

Bring a Potluck dish to share

Unable attend in person? No problem! You can join us via ZOOM. See details below:

Join Zoom Meeting

<https://us06web.zoom.us/j/5209827115?pwd=MmNyWUZFcjB4YW5kYUJjVGVZ6UTRqUT09>

Meeting ID: 520 982 7115

Passcode: 987654

Find your local number: <https://us06web.zoom.us/j/5209827115?pwd=MmNyWUZFcjB4YW5kYUJjVGVZ6UTRqUT09>

## VERSE OF THE MONTH

See, I am doing a new thing!  
Now it springs up; do you  
not perceive it? I am  
making a way in the  
wilderness and streams in  
the wasteland.

Isaiah 43:19

## JOKE OF THE MONTH

*Why didn't anyone want to  
fight Goliath?*

*-It seemed like a giant  
ordeal.*

# Ditch the Goals to change the Habits

by: Misty Hartley

With the New Year here, we often find ourselves setting new goals or making New Years resolutions. This year I challenge you to rethink that mindset.

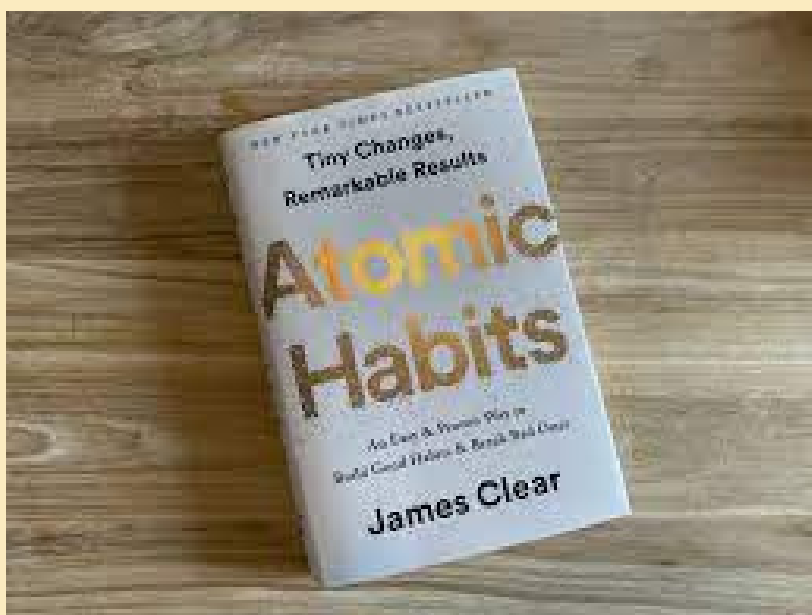
I am currently reading a book called "Atomic Habits" By James Clear.

In this book Mr. Clear explains how instead of setting goals we should make 1% changes.

By setting goals we make it our mission to do whatever we can to meet that goal. The problem with this mindset is, that it is not long lasting. If we instead make 1% changes daily we change our habits to become the best people we can be.

If we desire to keep a cleaner house we can surely just clean the house but then it will surely be messy the next day. On the other hand if we make a 1% change by spending 10 minutes a day tidying up it makes it easier to keep up on the clutter. Even if we adopt a rule of put away, dont put down that 1% change helps to create a less stressful day.

I recently adopted this method in my own life. My goal is to have calmer mornings... so instead I set a timer for the night before and 1 hour before I want to go to bed I spend a little bit of time making my lunch and laying my clothes out for the next day, these little changes help the next morning go alot smoother and lead to a much calmer day.



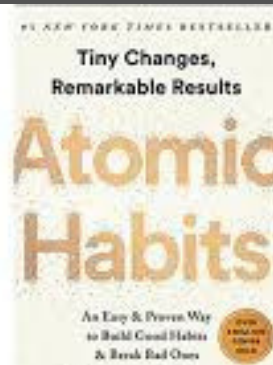
# VDC

## Via de Cristo

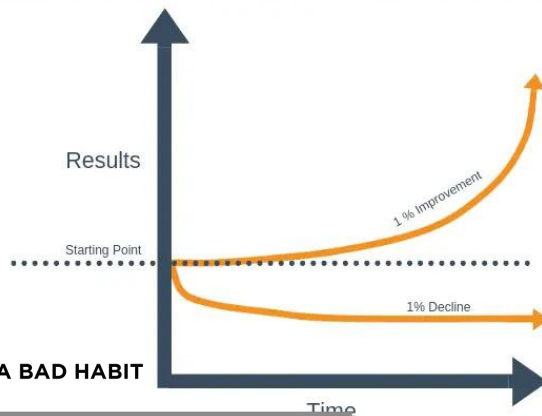
MAKE A FRIEND.  
BE A FRIEND.  
BRING THAT  
FRIEND TO  
CHRIST

Changes that seem small and unimportant at first will compound into remarkable results if you're willing to stick with them for years.

JAMES CLEAR



1% Better Every Day



### HOW TO BREAK A BAD HABIT

Inversion of the 1st Law	Make It Invisible
1.5	Reduce exposure. Remove the cues of your bad habits from your environment.
Inversion of the 2nd Law	Make It Unattractive
2.4	Reframe your mindset. Highlight the benefits of avoiding your bad habits.
Inversion of the 3rd Law	Make It Difficult
3.6	Increase friction. Increase the number of steps between you and your bad habits.
3.7	Use a commitment device. Restrict your future choices to the ones that benefit you.
Inversion of the 4th Law	Make It Unsatisfying
4.5	Get an accountability partner. Ask someone to watch your behavior.
4.6	Create a habit contract. Make the costs of your bad habits public and painful.

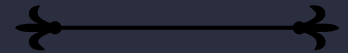
*A Prayer of Change*  
*Author Unknown*

Lord, as I prepare my heart and mind for changing my behavior, I ask that your divine will be clear to me.

Help me to make this change, a Holy change as I look to You for all of my strength and guidance. Allow your way of life rule in my thoughts and actions. Thank you for being there for me in this! Amen.



Prayers of  
the Month



Any prayer concerns can be sent to

[soazviadecristo@gmail.com](mailto:soazviadecristo@gmail.com).

You can list them as anonymous or you can say who they are for or from. , let's also continue to pray for everyone. We can all use each other's prayers. Pray for friends, strangers you haven't met yet and even those you will never meet.