

# **Preparing Habits of Success**

**Steven N. Dial, Sr.**

**Volume I**

**Your Journey To Greatness Begins Now**

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Preparing Habits Of Success

Volume I

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## Introduction

The 3:35am wake up, the voice was saying *you are running out*, it repeats itself three times before I replied, running out of what? The voice replied *your reserve*. I replied what? The voice replied, *you are now out of the overflow and running out of your reserve*.

It is scary to suddenly just wake up hearing a voice you can't see, however, it is seriously scary to be told that you are running out and out of your reserve. I got up and began to pray and listen to the voice of God. I asked the Holy Spirit to reveal to me how did I get an overflow and how did I get so low in my reserves. The voice of the Holy Spirit said "*your habits. Yes, they got you up and yes they got you low*".

I then prayed James 1:5. I needed wisdom to get me back into overflow living; this project is a result of the wisdom I received from God!

I received it in Jesus The Christ Name! I truly believe that this spiritual practical book is going to help you Prosper!

## Preparing

The rules of life have changed dramatically. We have to begin disciplining ourselves in key areas that will propel us forward in life. These areas include our Spiritual life, our Physical Health & Environment, our Relationships with others; our Work & Service, and our Finances & Resources. Mastering Good Godly Habits will teach us how to be more successful in all areas of our life.

## Preparing Habits Of Success

I have discovered at least 7 good habits that when mastered will set you up for success. These areas of good habit forming include Fasting, Saving, Exercising, Acts of Kindness, Journaling, Organizing, and Worshiping. This simple guide along with discipline and commitment will build the spiritual and practical habits needed to succeed.

**Fasting** -as we are defining, is the absence of food for a specified period of time. This is biblical and widely practiced in both the Old and The New Testament. When fasting, pray and ask God what you are to fast from.

**Saving** - has always been an important habit to have. The recent woes of the economy should be a wake up call. We must prepare ourselves for the uncertainties that will happen in the world we live in. Saving is a seed. It has been said that if one can't save the seed of Greatness is not in them.

**Exercising** - our body is a temple and we must keep our temple clean and fit. There is no enjoyment of wealth with out good health.

**Acts of Kindness** - in life we truly receive that which we have given. In order to stand on the dock waiting for your ship of Treasury, Love, Forgiveness, and Relationship to come in, first you must have sent them out.

**Journaling** - too truly leave a Legacy behind you must document your life experiences. It has been said that a picture can say a thousand words. Question, which one would you want to leave your children or your grandchildren; a picture or a 1,000 words?

**Organizing** - the secret to getting a lot done in this busy multi-tasking world that we live in is being organized. Once we have mastered organization and time, everything will have a place and be in place.

**Worship** -a car was made to run off oil, you can't drive a car that has no oil. We were created to worship. Living without worshiping is like a car with no oil. It won't work. Worship will be the oil that encourages and strengthens you to save, exercise, perform acts of kindness, journal, and organize. Caution, if you master the other six without this one, **YOU WILL RUN OUT!!!**

Upon reflecting over the past years, I have come to know the most successful times for me were when I was strategically disciplined and consistently exercising good habits. To really prosper in this changing economy the one constant that will thrive and survive is the art of Good Habits.

Following this guide we will invoke the "Joseph Spirit" you will learn how to prosper in the midst of a famine. Good godly habits teach us how to handle situations when times are good or bad, during a feast or famine.

It is simple:

- S** Strive For Good Health
- I** Improve Your Education
- M** Make it a life long Habit to increase
- P** Put money in your Savings Account
- L** Learn to help others & Tithe
- E** Experience God's Presence Daily

## Let's Get Started

Do you know how long it takes to form a habit? Twenty-One times!

For the next 21 weeks you are required to Master the following good habits on each day. You will keep a score card to chart your progress each week. Your point level determines how far away within a habit area or how close you are to achieving it. Each habit area is worth 1 point for a total of 7 points per week. There are a maximum of 147 points you can achieve to reach Mastery Level. Remember to achieve Mastery and receive a point, you must complete each area each day.

On Monday's we will fast from 6am – 6pm. You pray and ask God what you will fast from. Typically we fast from food, allow the spirit to lead you and consistently do this for the next 21 Mondays.

On Tuesday's we will save. There is no set dollar amount; it is whatever you have deemed appropriate according to your budget. Remember our goal is to master a habit that will be life changing and place an amount in your savings for the next 21 Tuesdays.

On Wednesday's we will be exercising. Health and fitness is very important. Walk, run, dance, do an exercise class, be intentional on this day for the next 21 Wednesdays.

On Thursday's we will be performing acts of kindness. You can volunteer on this day, use this time to reach out to the elderly, the sick and shut in, help a friend, a relative, a church member; or whatever acts of kindness God has placed on your heart do on this day for the next 21 Thursdays.

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On Friday's we will be journaling. If you have never journal this is an awesome habit to master. Take time to write down what you are experiencing while on this journey for the next 21 Fridays.

On Saturday's we will be organizing. Organization and de-cluttering are life changing activities. Go through your closets, garages, your offices, and organize yourself to succeed for the next 21 Saturdays.

On Sunday's we will worship. We are to present our bodies as a living sacrifice, holy unto the Lord through praise, worship, attending Sunday School, giving of our Tithe and offerings for the next 21 Sundays.

To encourage and coach you on your journey, I will have weekly podcast for your viewing at:

[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)

## Week 1 of 21

You can pray for anything, and if you have faith, you will receive it.

*Matthew 21:22*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday             Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom: Focus**

When you are focused you use your energy on that particular task. Losing focus hurts you and everyone connected to you. Taking your focus off God leaves you open for mistakes. Pray daily and ask God to keep you focused on Him.

**View Your *Focus* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 2 of 21

God will do this, for he is faithful to do what he says, and he has invited you into partnership with his Son, Jesus Christ our Lord.

*1 Corinthians 1:9*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday           Acts of Kindness
- Friday              Journaling
- Saturday           Organizing
- Sunday              Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom:** Confidence

God wants you to have confidence in Him and yourself. When you place confidence in God, He will help you succeed in everything you do.

**View Your *Confidence* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 3 of 21

The God of peace will soon crush Satan under your feet. May the grace of our Lord Jesus be with you. *Romans 16:20*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday             Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom:** Instruction For Life

The Book of Proverbs was written to instruct us on how to conduct ourselves. Whatever problems or feelings you experience, tell God about everything that matters to you.

**View Your *Instruction for Life* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 4 of 21

You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. *John 14:13*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday           Acts of Kindness
- Friday              Journaling
- Saturday           Organizing
- Sunday              Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom:**Fasting

The Bible speaks of prayer and fasting together. Always seek God throughout your time of fasting. This is your time to get closer to Him.

**View Your *Fasting* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 5 of 21

The Lord directs the steps of the godly. He delights in every detail of their lives. *Psalm 37:23*

- Monday            Fasting
- Tuesday          Savings
- Wednesday      Exercise
- Thursday        Acts of Kindness
- Friday            Journaling
- Saturday        Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom:** Thankful For Good Health

Ecclesiastes 5:19 says “it is a good thing to receive wealth from God and the good health to enjoy it.” Everyday that you can use your limbs, thank God for good health.

**View Your *Good Health* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 6 of 21

But God showed his great love for us by sending Christ to die for us while we were still sinners. *Romans 5:8*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom:** Don't Give Up

God rewards those who work hard and do not give up. When you are feeling discouraged, ask God to give you the strength, courage, and knowledge to persevere.

**View Your *Don't Give Up* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 7 of 21**

I waited patiently for the Lord to help me, and he turned and heard my cry. *Psalm 40:1*

- Monday            Fasting
- Tuesday          Savings
- Wednesday      Exercise
- Thursday        Acts of Kindness
- Friday            Journaling
- Saturday        Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Watch Your Words

What you say becomes your future. When you say you can't do something, your mind starts finding reasons why you can't do it. Remember, you can do all things with Christ.

**View Your *Watch Your Words* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 8 of 21**

“For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

*John 3:16*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday             Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom: Helping**

The spiritual gift of Helps is the divine ability to meet the needs of others. Ask God to reveal your spiritual gifts and teach you how to use them.

***View Your *Helping* Podcast***  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 9 of 21**

Three things will last forever—faith, hope, and love—and the greatest of these is love. *1 Corinthians 13:13*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:**Tithing

God has provided a way for us to demonstrate our faith, through tithing. Just 10% is all He requires, try Him!

**View Your *Tithing* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 10 of 21**

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! *Isaiah 26:3*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom: God's Word**

God expects us to be good stewards of His Word. Read and study God's Word daily. The revelation that you will receive will nourish and strengthen your soul.

**View Your *God's Word* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 11 of 21**

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

*John 14:27*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday           Acts of Kindness
- Friday              Journaling
- Saturday           Organizing
- Sunday              Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Faith Story

Sharing your faith story helps others. When you tell how real God has been in your life, He becomes real in the lives of others.

**View Your *Faith Story* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 12 of 21**

Your word is a lamp to guide my feet and a light for my path.

*Psalm 119:105*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom: Family**

God wants us to be good stewards of our relationships and the family is one of the most important relationships we have. Help your family grow in God's love.

**View Your *Family* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 13 of 21**

Heaven and earth may disappear, but my words will never disappear.  
*Matthew 24:35*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday           Acts of Kindness
- Friday              Journaling
- Saturday           Organizing
- Sunday              Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Healthy Eating

Your body needs food for energy. Good healthy eating is essential to the body. God expects us to keep our temple clean and healthy.

**View Your *Healthy Eating* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 14 of 21**

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. *Philippians 1:6*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Loyalty

What does it mean to be loyal? How do you show loyalty? Being loyal means sticking by someone no matter what. God is loyal to us, practice being loyal to Him and others. Loyalty shows love.

**View Your *Loyalty* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 15 of 21**

When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.  
*Isaiah 43:2*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday           Acts of Kindness
- Friday              Journaling
- Saturday           Organizing
- Sunday              Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** The Lack of Knowledge

God says His people are destroyed because they don't know Him. They forget His laws and make choices that are based on human wisdom. As a result their lives are filled with misery. Choose to know God. Seek knowledge.

**View Your *Lack of Knowledge* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 16 of 21

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

*Hebrews 4:16*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Where do you turn when you hurt?

When you do what's right sometimes bad things happen. That's no reason to stop doing good. God sees all. Even though we may not understand what is taking place, we must obey God no matter what.

**View *When You Hurt* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 17 of 21**

And we will receive from him whatever we ask because we obey him and do the things that please him. *1 John 3:22*

- Monday            Fasting
- Tuesday           Savings
- Wednesday        Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Prayer

We must seek to Grow in our prayer life. God wants a personal relationship with each of us. By spending private time with God everyday we become closer to Him.

**View Your *Prayer* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

## Week 18 of 21

I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. *Mark 11:24*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday             Worship

Total Score:\_\_\_\_\_ (Maximum points 7)

### **Weekly Wisdom: Giving**

Proverbs 28:27 says, "whoever gives to the poor will lack nothing. But a curse will come upon those who close their eyes to poverty." Seek God and show love for others through your giving and God will bless you.

**View Your *Giving* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 19 of 21**

And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and God's promise to Abraham belongs to you.

*Galatians 3:29*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Interceding For Others

Who do you pray for? It is important to pray for those you know and those you don't know. God hears our prayers for all people. Intentionally seek Him on the behalf of others. Pray for everyone

**View Your *Interceding For Others* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 20 of 21**

Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. 2  
*Corinthians 9:6*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Reaction

Seek God’s wisdom before you react. You can get into a lot of trouble when you react without thinking or consulting God. Pray and ask God what He wants you to do. Be still and listen to what He says.

**View Your *Reaction* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

**Week 21 of 21**

That is what the Scriptures mean when they say, “No eye has seen, no ear has heard, and no mind imagined what God has prepared for those who love him.” *1 Corinthians 2:9*

- Monday            Fasting
- Tuesday           Savings
- Wednesday       Exercise
- Thursday          Acts of Kindness
- Friday             Journaling
- Saturday          Organizing
- Sunday            Worship

Total Score: \_\_\_\_\_ (Maximum points 7)

**Weekly Wisdom:** Motivation

Be motivated by the things of God. Always want what God gives you.

**View Your *Motivational* Podcast**  
**[www.rainbowparkbaptist.org](http://www.rainbowparkbaptist.org)**

Congratulations!

### Score Card

Let's total your score...

Week 1 _____	Week 2 _____	Week 3 _____
Week 4 _____	Week 5 _____	Week 6 _____
Week 7 _____	Week 8 _____	Week 9 _____
Week 10 _____	Week 11 _____	Week 12 _____
Week 13 _____	Week 14 _____	Week 15 _____
Week 16 _____	Week 17 _____	Week 18 _____
Week 19 _____	Week 20 _____	Week 21 _____

Your Total: \_\_\_\_\_ (Mastery 147) # of Weeks \_\_\_\_\_ (Mastery 21)

Self evaluation is critical to developing good habits. Let's evaluate your individual habit areas and identify all opportunities for improvement. Seek God to master all areas.

Habit Areas:

Fasting \_\_\_\_\_ Savings \_\_\_\_\_ Exercising \_\_\_\_\_  
Acts of Kindness \_\_\_\_\_ Journaling \_\_\_\_\_ Organizing \_\_\_\_\_ Worship \_\_\_\_\_

Your Total: \_\_\_\_\_ (Mastery in each area 21)

## **SIMPLE**

Praise God! Glory to God! You have successfully developed 7 great godly habits that have propelled you forward. Those who mastered each habit areas, Praise God. Those who fell short, Praise God for your effort. Look deep within and begin praying for God's strength in the areas you need to improve or master. Revisit these habit areas immediately and strive to master them.

Can you feel yourself **S**triving for good health? Have you **I**mproved your education? Have you **M**ade it a life long habit to increase? How satisfying is it to **P**ut money in your savings account? Did you **L**earn to help others & Tithe? How does it feel to **E**xperience God's presence daily?

Now that you have completed the first 21 weeks of *Preparing Habits of Success*, these questions should be **SIMPLE** to answer.

Pastor Steven N. Dial, Sr.

What's next.....

**Preparing, Prepared to Prosper**

**Pastor Steven N. Dial, Sr.**

Volume II

*Prepared Habits of Success*

21 Weeks of Prepared Habits

A Prepared Soul, Mind, Will, Emotions

Volume III

*Prospering Habits of Success*

10 Weeks of Prospering Habits

A Prospering Soul, Mind, Will, Emotions

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