

The 1% Rule: How Tiny Shifts Create Lifelong Faith

The Hoodoo Analogy: Like the sandstone hoodoos of Southern Alberta, our lives are sculpted not just by sudden storms, but by the slow, consistent persistence of wind and rain.

"For we are God's masterpiece..."
- Ephesians 2:10 (NLT)

PO·I·E·MA (Greek): God's workmanship, handiwork... or Masterpiece.

We are not formed in an instant, but over time, by the ebb and flow of God's grace and our obedience in the small habits of life.

I. THE SCIENCE OF SMALL SHIFTS

The 1% Rule: Massive success doesn't require massive action. Small, consistent improvements—like the British Cycling Team's strategy—compound over time to create incredible results.

"The only consistent, sustainable way to grow big is to start small." — Dr. BJ Fogg

Why it matters for parents:

Parents often feel they lack time or theological training. The 1% shift moves the goal from "Perfection" to "Progress."

II. REAL LIFE EXAMPLES: 5 SHIFTS

Notes on how families implemented these shifts:

1. Bedtime Blessing

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2. Bible Memory (In the Cracks)

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3. Prayer Triggers

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4. Worship & Music

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5. "Opening Windows" to Your Faith

Letting kids see your process (prayer, struggles, gratitude) in real-time.

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III. MAPPING ROUTINES (DEUTERONOMY 6:6-7)

We can map 1% shifts onto the daily rhythms scripture already points us to. Use this space to brainstorm specific shifts for the families you serve.

The Routine	Potential 1% Shift Ideas
"When you sit at home" (Meals, relax time)
"When you walk along the road" (Travel, commute, waiting)
"When you lie down" (Bedtime)
"When you get up" (Morning routine)

IV. ENCOURAGING FAMILIES TO START

1. Communicate

Invitation > Obligation.

Instead of "You should do devotions," try "What one routine could you tweak?"

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2. Celebrate

Consistency > Intensity.

Celebrate the attempt, not just the outcome. Affirm parents when they try.

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3. Challenge

Hand them the slingshot.

You aren't the hero (David); you are equipping them to face the giant.

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V. YOUR NEXT STEPS

"Each windy day doesn't seem to have much impact, until you look around one day and see the incredible beauty carved out of stone."

- Choose ONE 1% Shift** to model in your own family or personal life this week.
- Identify 3 Parents** to reach out to specifically to hear their struggles and triumphs.
- Challenge your team** to adopt the "1% Shift" mindset.

For more help, visit littleshootsdeeproots.com