

- I'm Sorry that's just a Habit -

Habit : 6 : a settled tendency ; a usual manner of behavior. 7 a : a behavior pattern acquired by frequent repetition
b : an acquired mode of behavior that has become nearly or completely involuntary c : ADDICTION

A Habit is Any action, conduct or behavior we do over and over again. It may be a good habit or it may be a

“Anything you do twice becomes eas-

Some experts say- “when you do a specific thing repeatedly 21 consecutive days it will become a life-

Great people have developed great habits. – We don't decide our future – we decide our habits. Then ... our habits decide

1. Make a list or think about your good and bad habits – and recognize the good and bad they bring into your situation or life. [purpose / goals].
2. Understand if you want to accomplish new and better things – you probably are going to develop new and better habits. [*Habakkuk. 2:2*]

Ways to develop better habits

1. Expect God to help you. [*John 16:23-24*]- Target one new (good) habit & believe god will help you develop it.
2. Decide you want to change. [*Duet. 1:6*]- You'll never really change your life until you change what you do daily.
3. Allow yourself time to change. [*Ps. 145:14*]- Everyone fails – “winners get back up and begin again.”
4. Confront destructive habits. [*James 4:7*]- What you fail to master today – will master you tomorrow.
5. Don't deceive yourself. [*Ps. 139:23-24*]- “Truth is temporarily painful – but permanently liberating.”
6. Despise your chains. [*Jn. 8:36*]- Habit is hell's greatest weapon in destroying our lives.
7. Discipline & Habit are different. [*Ps. 55:17*]- Discipline is doing something you hate to create something you love.
8. Attend Church faithfully. [*Lk. 4:16*]- Your best will come out in His presence.
9. Read your Bible daily. [*2Tm. 2:15-16*]- His Word is life & creates faith– it can change the course of your life.

[Question] My daily habits are carving out a future – Am I heading toward what I really want ? [Confess this]: I am not alone. God is committed to my success – He is my Enabler. I was created for a purpose. His Holy Spirit will break the bondage of my bad habits. He will also give me the power and desire to develop and want good habits. He will lead me into all Truth.