



New Hampton Community Church

Message Notes ~ January 8, 2023

**“Creatures of Habit”** Week 1

***“I have come that you may have life, and have it to the full.”***

John 10:10 b

***“For you (God) created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made”***

Psalm 139:13-14

➤ The key to changing a habit and ***outcome***

is \_\_\_\_\_

➤ Your actions and \_\_\_\_\_ originate \_\_\_\_\_

***“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”***

Romans 12:2

➤ ***The way to experience the affirmation of \_\_\_\_\_ is to develop a habit of \_\_\_\_\_***

***“The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. More to be desired are they than gold, even much***

***fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward. Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer”***  
Psalm 19:7-14

➤ Reading the \_\_\_\_\_ is a \_\_\_\_\_ that will change \_\_\_\_\_

***“Oh, how I love your law!  
I meditate on it all day long.”***

Psalm 119:97

***“I can do all this through him who gives me strength.”***

Philippians 4:13

➤ Creating a habit of \_\_\_\_\_ on \_\_\_\_\_ takes \_\_\_\_\_

**Questions to Ponder, talk about with Life Group, Family and Friends**

1. Why is it so hard to break a bad habit?
2. Why is it so hard to start a good habit?
3. Why is the “response” portion of the habit loop the most important?
4. What are some of the negative messages that the world gives us?
5. Can you think of a Bible verse that combats each negative message that you listed?
6. What Scripture will you commit to memory ?