Creatures of Habit Part 1



I have come that you may have life, and have it to the full."

John 10:10 b

¹³For you (God) created my inmost being; you knit me together in my mother's womb. ¹⁴I praise you because I am fearfully and wonderfully made; Psalm 139:13-14

They key to changing a habit and <u>outcome</u> is <u>changing your response</u>

The difference between who you are and who you want to be is what you do."

"The Power Of Habit"

by Charles Duhigg,

Your actions and <u>habits</u> originate <u>in your</u> <u>mind</u>

"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 affirmations of God's View on YOU is to develop a habit of trusting truth

"The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; 8 the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; 9the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. ¹⁰More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

11 Moreover, by them is your servant warned; in keeping them there is great reward. 12 Who can discern his errors? Declare me innocent from hidden faults. ¹³ 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. 14 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

•When we come to Jesus, we find rest – Matthew 11:28-29

•God will strengthen us when we are weak – Isaiah 40:31

•God has a plan for our lives – Jeremiah 29:11

•God will forgive us when we confess our sins 1 John 1:9

Reading the <u>Bible</u> is a <u>habit</u> that will change <u>your life</u>

"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 meditating on God's Word takes intentionality