



***“Habits that Build Hope”***  
***Creatures of Habit***  
***Part 3***

*The Person you are Becoming is a result of  
your Daily Decisions*

*Habits set the trajectory of your life*

*How do we posture ourselves so that worry  
does not cripple us?*



***“Bad habits are like comfortable beds  
easy to get into, but hard to get out of”***

***“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”***

***Luke 10:38-40a***

*Are YOU like Mary: Turning to a habit of  
worship*

*Or*

*Are YOU like Martha: Turning to a habit of  
worry*

Worry as a habit reveals who or what we  
place our trust



- *Worship; as a habit, is the act of focusing on where our hope comes from*
- *Worship is Turning Your Focus to Jesus!*

***40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”***

***41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”***

***Luke 10: 40b-42***

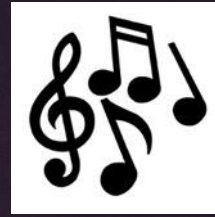
A habit of worship is the conclusion that Jesus  
is the center of everything in your life

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”.*

*Philippians 4:6-7*



- *Drive; Listen to positive Christian music*



- *Schedule Daily time to Pray & Read Scripture*



- *Keep a Daily Journal*



- *Share something God has done*