



NEXT SESSION 6

HOW TO START AND MAINTAIN GOOD HABITS

HOW TO START AND MAINTAIN GOOD HABITS

STEP ONE: _____

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

STEP TWO: _____

Begin right now! Don't wait. Don't procrastinate. You don't slide into a new habit. "One of these days" never arrives. You must have a starting point. It's easier to break a bad habit today than it will be tomorrow!

"If you wait for perfect conditions, you will never get anything done." Ecclesiastes 11:4 (LB)

STEP THREE: _____

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

"Make vows to the Lord your God and fulfill them." Psalm 76:11 (NASB)

STEP FOUR: _____

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by "just this once". The act of yielding weakens the will and reinforces your lack of self-control. It takes 3 weeks to become comfortable with a new habit and it takes another 3 to 4 weeks (doing it daily) for it to become a part of your life.

IT TAKES _____ TO _____ REPETITIONS TO LEARN SOMETHING!

STEP FIVE: _____!

Whenever you feel the slightest urge or prompting to practice this new habit - **DO IT THEN!** Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your new habit, do so!

STEP SIX: _____

Get a partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the habit is firmly rooted in your life.

"Let us consider and give attentive, continuous care to watching over each other, studying how we may stir up and stimulate each other to ... helpful deeds and noble activities." Hebrews 1:25 (Amp)

STEP SEVEN: _____

Rely on God's power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray! "For the Spirit of God has given us ... fills us with power, love, and self-control." 2 Tim. 1:7 (GN)

"For it is God who is at work within you, giving you the will and the power to achieve his purpose. Philippians 2:13 (Ph)

Our Purpose:

Develop mature followers of Jesus Christ.

We pray for:

A new values system: A values system that is being driven by the habits of maturity.

A new belief system: A Christian World View.

A new lifestyle: Change and exciting growth that touches every area of your life - personal, family, work, goals, future, EVERY area of life.

A new relationship: A deep and lasting relationship with the Lord that is personal and intimate and joyous.

The goal of this vision is to bring glory to God by presenting Jesus Christ with as many Christlike disciples as we possibly can before He returns.