

Habits
One Thing
August 15, 2021

Key Thoughts: We are what we _____ do.
We form _____ and then our _____ form us.
Most people have uphill hopes and downhill _____ .
Everything worthwhile is _____.

Romans 7:15-8:6 For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me...For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing...For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin. Therefore, there is now **no condemnation** for those who are **in Christ Jesus**, because through Christ Jesus the law of the Spirit who gives life has **set you free** from the law of sin and death... Those who live according to the flesh have their **minds set** on what the flesh desires; but those who live in accordance with the Spirit have their **minds set** on what the Spirit desires. The **mind** governed by the flesh is death, but the **mind** governed by the Spirit is life and peace.

Romans 12:2 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.

Truths on developing good habits:

1. _____ destructive thoughts; _____ your thoughts on Spiritual things.

2 Corinthians 10:3-5 For though we live in the world, we do not wage war **as the world does**. The **weapons** we fight with are not the **weapons of the world**. On the contrary, they have divine power to **demolish strongholds**. We demolish arguments and **every pretension** that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.

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Philippians 4:8-9 Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is excellent or **praiseworthy**—think about such things...the God of **peace** will be with you.

2. If you can't say something _____ – don't say it.
If you think something _____ – say it.

Proverbs 18:21 The tongue has the power of **life** and death, and those who love it will eat its **fruit**.

James 3:3-5 When we put **bits** into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very **small rudder** wherever the **pilot wants to go**. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a **small spark**.

3. Choose _____ thing and apply the rule of _____.

Luke 10:42 “There is only **one thing** worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Rule of Five:
What is your tree?

What is your five?

Psalms 39:4-5 **Show me**, Lord, my life's end and the number of my days; **let me know** how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before you. **Everyone is but a breath**, even those who seem secure.

Walk Away: What is the _____ that if I change it, it will make the biggest difference for all eternity?

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