



HABITS **OF THE HEART**

WEEK 2

Introduction

For many have a list of habits that they are hoping to change. If you don't know what they are, you can ask someone you know and trust.....Most of us know what they are!

Much of what we do and accomplish in life are not the result of major life choices..... but they are the result of daily habits.

Behavioral Modification: I said last week that it isn't simply behavioral modification... although that can effect some change.. Jesus wasn't after behavior modification, He is after heart transformation!

Lasting change starts in the heart!

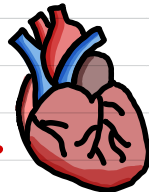
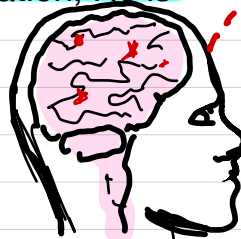
Luke 6:45-46

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. "So why do you keep calling me 'Lord, Lord!' when you don't do what I say? (Lk 6:45-46)

Ground work - If your trying by you own strength - fail

1. Are you a follower of Jesus? Do you love Jesus?
2. Do you Obey Jesus?
3. Are the things you're consuming daily helping your love and obediece to Jesus or hindering it?

It STARTS in the HEART



What is a Habbit - A habit is any action we perform so often that it becomes almost an involuntary response. A practice you repeat so regularly that it can be hard to change.

Examples - Biting nails, Smoking, Eatting, Swearing....

What Happens is called

Experience-dependent neuroplasticity: the passive process of reinforcing habits by doing them unconsciously over and over again, whether they're good or bad

Here's how the habit loop works:

- 1 Cue. You experience a stimulus — a trigger. It could be being in a certain location, smelling a certain smell, seeing a certain person, or feeling a particular emotional state, among many other possibilities.
- 2 Craving. The stimulus causes you to desire a particular outcome that you find rewarding. It motivates you to act.
- 3 Response. You engage in behaviors, thoughts, or actions you take to get that outcome.
- 4 Reward. The outcome occurs and you feel a sense of reward as a result, satisfying your craving. The pleasure or relief you experience reinforces the cue, making the cue even better at triggering craving next time. That's why it's an endless loop.

This is the root of the problem for habits and it's fixable by paving new pathways in your brain!

The task is when you have the trigger or craving... replacing the response... over and over! if you replace the response long enough, your brain will pave a new path! but first you have to identify the trigger/craving!

So as we jump into Habits Of The Heart, I want to Identify a Habit that I've seen in the lives of believers and how we can change it to a Holy Heart Habit. ---- Explain.....training our minds and hearts to respond differently....

Matthew 15:19

For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander

One of the Habits of our hearts is....

Found in this verse

James 3:1-12 (NLT)

Dear brothers and sisters, not many of you should become teachers in the church, for we who teach will be judged more strictly. 2 Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way. 3 We can make a large horse go wherever we want by means of a small bit in its mouth. 4 And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. 5 In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire.

6 And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself. 7 People can tame all kinds of animals, birds, reptiles, and fish, 8 but no one can tame the tongue. It is restless and evil, full of deadly poison. 9 Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. 10 And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! 11 Does a spring of water bubble out with both fresh water and bitter water? 12 Does a fig tree produce olives, or a grapevine produce figs? No, and you can't draw fresh water from a salty spring.

Verse 9: The same mouth praises God and Curses people..



We love Jesus, we praise Him and at the same time have this habit of hurting people with our speech...

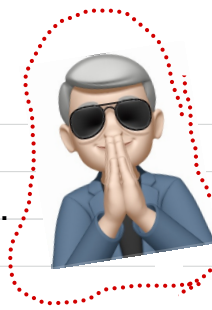
I've noticed that Christians have a "bad habit" of talking about other people.

We curse people - Spread lies - Gossip - Slander

Many Christians don't even realize that they are doing it, this habit is even masked in prayer requests!

STORY - Pray for my brother.... Living in sin and

Did you hear about.....?
Guess what I just heard?
You are never going to believe what I just heard.....



Proverbs 18:8

Rumors are dainty morsels that sink deep into one's heart.

There are a number of reasons you do this...

To feel better about themselves - To get attention - To gain power or feel powerful or important - Boredom (there could be many more reasons)

This has become a habit of believers to share things that they don't even know are true.... to tear people down. And the root behind this isn't simply to expose a person....

It's our hearts prideful habit to exult ourselves as important, powerful, holy, or even intertain ourselves with anothers misery and misfortune.

Proverbs 26:20

20 Fire goes out without wood, and quarrels disappear when gossip stops.



1. Tell God not man

instead of "I cant wait to tel...." - I can't wait to pray about it, I need to pray now!

Don't share it with a person! Pray for that person!

1 Timothy 2:1-4

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. 2 Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. 3 This is good and pleases God our Savior, 4 who wants everyone to be saved and to understand the truth.

Luke 6:27-28

27 "But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. 28 Bless those who curse you. Pray for those who hurt you

2. Hide this in your heart - Psalm 119:11- I have hidden your word in my heart, that I might not sin against you.

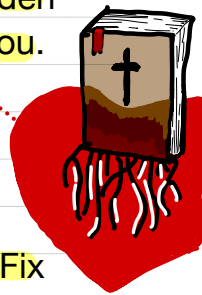
Find a verse that will reinforce the habit to memorize!

Philippians 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

a. is it true - b. is it honorable - etc...

Everytime you start to talk about another person or someone else does.... recite this verse! Put it on a sticky note and put it on the computer at work, in your car, as your phone wallpaper... read this verse over and over.....every time you think about sharing a story about a person.... recite this!



Socrates is accredited for his "Test of Three" it's simplified version of Paul said..

Test of Three

1- Test of truthfulness - ask yourself is it True?

2 - Test of Goodness - Is it good, right, and honorable

3 - Test of Usefulness - Is what you want to tell me going to be useful to me?"

Some other helpful verses...

Proverbs 18:21 (NLT)

21 The tongue can bring death or life; those who love to talk will reap the consequences

Proverbs 20:19 (NLT)

A gossip goes around telling secrets, so don't hang around with chatterers.

Proverbs 16:27-28 (NLT)

27 Scoundrels create trouble; their words are a destructive blaze. 28 A troublemaker plants seeds of strife; gossip separates the best of friends.



Parents & Kids
When you are 80
you will beg God
to come back to
this moment. (Pray)

Ephesians 4:29 (NLT)

29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

3. Keep Quiet

Proverbs 21:23 (NLT)

23 Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Proverbs 17:28 (NLT)

28 Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent

Proverbs 18:13 (NLT)

13 Spouting off before listening to the facts is both shameful and foolish.

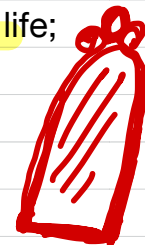
Proverbs 13:3 (NLT)

3 Those who control their tongue will have a long life; opening your mouth can ruin everything.

LET GOD DEAL WITH IT!

Look in the mirror! Humble yourself and remember that you are no better!

When you Pray for them, Memorize scripture, and stay quiet long enough it will pave new pathways in you brain!



You'll start looking at looking at people different!

You have to resist, which takes work!

James 4:7-10 (NLT)

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.

