



HABITS **OF THE HEART**

WEEK 3

fastur !!

Introduction

Lasting change starts in the heart! Love Jesus - Obey -

Consume

Habit Loop:

- 1 Cue. You experience a stimulus — a trigger.
- 2 Craving. The stimulus causes you to desire a particular outcome that you find rewarding.
- 3 Response. You engage in behaviors, thoughts, or actions you take to get that outcome.
- 4 Reward. The pleasure or relief you experience reinforces the cue, making the cue even better at triggering craving next time.

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!

In the world of habits, there's a treatment approach called Habit Reversal Training. A key component of this is the use of a **competing response**, which is an action that is incompatible with the habit you are trying to break. Consistently using a competing response trains your body to replace the undesired habit with the new one.

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

For Example: Memorizing scripture that is directly opposite of the habit you struggle with and repeating it everytime you catch yourself in that bad habit or when you are triggered.

Last Week - If you find yourself spreading gossip or slander or simply talking negative about other people.....memorize this....

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.

Today I want to talk about a habit that seems to be growing amongst Christians. It's the
.....Habit of Worry and Anxiety

and I want to give you a competing response so that every time you feel the trigger of worry and anxiety you can start to pave a new path.

Tension:

Anxiety seems to be at an all time high. An estimated 31% of Americans have experienced an anxiety disorder at some time in their lives, according to the National Institute of Mental Health.

Generalized anxiety disorder (GAD): This condition causes fear, worry and a constant feeling of being overwhelmed. It's characterized by excessive, frequent and unrealistic worry about everyday things, such as job responsibilities, health or chores.

Ruby - Anxiety - Waking up Crying - Sleeping with the lights on for 6 months - I kept replaying the senerio with different outcomes - What will I tell the kids -

For weeks after - it was this mental loop of - what if.... This was the verse I hid in my heart...

Isaiah 26:3-4 NLT

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.”

Hebrew) **samak** - סָמַךְ sāmāk; * שְׁמִיכָה śemîkâ - support; sustain, help; befall; supported, unflinching, **lean, lay, rest, support**

- to put something in a resting position, as for support or steadying; perhaps with the implication of leaning over on something for support; **lean the heavy weight of your thoughts on Him! He can support the weight!**

There is a heart habit we have to get obsorbed in our troubles, fears, worry, pain, and anxiety. As christians we have the greatest hope and our future is in the presence of God in perfection, but we still fall into this habit of worry.

First we need to find a competing response to worry and anxiety!

-----> **Gradtitude**

Philippians 4:6-7 (NLT)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and **thank Him for all he has done.** 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

1. Count Your Blessings

Every time you begin to feel the trigger of worry, stop and start listing all the things you are thankful for - Jesus - Family - Friends - Church Family - a bed to sleep on - Your children - Grand Children - Spouse - Food on the table - provision from God - His word - **COUNT YOUR BLESSINGS!**

----- **Keep a gratitude journal** -----

daily during your prayer time write out things you are thankful for!

Doing this will put less focus on your problems

The more you talk about and think about your problems the more the problems and worry consume you
----> **anxiety and depression are your bodies response..**

You have to change the response to Gratitude - --

To be clear, Anxiety and worry aren't caused by a lack of gratitude. Instead, think of gratitude as a powerful tool that can help you cope and find peace.

What are you thankful for?

James 1:17-18 (NLT)

17 Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.
18 He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

What gratitude should fill us who are His children! We don't deserve it, yet out of all creation WE became His prize possession!

Gratitude shifts my mind from talking to myself to talking to God!

2. Turn to Him and not to sin

1 Peter 5:7-8 (NLT)

Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

When emotions are strong decisions are bad

In your time of worry be careful because Satan is looking to devour us... so cast your worries on God! He cares for you!

Let's not seek help from everyone but God or try to numb our anxieties with alcohol, drugs, sex, gambling, or other things... these are the times of weakness that Satan is looking to pounce..

Psalm 62:5-6 (NLT)

Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken.

Sin is our attempt to meet the needs of our flesh apart from trusting in God!

Turn to Him - Seek Him first!

Matthew 6:25-34 (NKJV)

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Seek Him first. don't seek the filling of the need you have first.

In moments of worry - pray, thank Him for all He has done and cast your worries on Him.

Ephesians 2:14 (NKJV)

For He Himself is our peace, who has made both one, and has broken down the middle wall of separation,

Isaiah 9:6 (NKJV)

For unto us a Child is born, Unto us a Son is given;
And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.

JESUS IS PEACE! To know Him and to sin in His presence is to know peace

3. Compare your worry with eternity

This is like reading the last chapter of a book and it removes anxiety of what's going to happen!

✶ Everything as we know it is temporary and what we have coming is far greater!

Romans 8:18-25 (NLT)

Yet what we suffer now is nothing compared to the glory he will reveal to us later. For all creation is waiting eagerly for that future day when God will reveal who his children really are. Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us. We were given this hope when we were saved. (If we already have something, we don't need to hope for it. But if we look forward to something we don't yet have, we must wait patiently and confidently.)

Perspective - Micro vs Macro - This is why we have to take a step back and look at the larger picture. Don't let your present circumstances blind you from what's really going on here.

My hope isn't in the absence of stress, fear, or despair; my hope is in the future glory awaiting me through Christ.

Anxiety won't last forever but eternity will...

Hebrews 4:14-16 (NLT)

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

We as believers have the greatest peace and His name is Jesus!

Gospel – The world was under a system of constant of the Law and sin... and the Law just proved to everyone that they were sinner.... The more rules that had the more they broke them!

Then God sent Jesus to free us from the burden of the Law and sin by fulfilling the law and dying for our sin.

That anyone who would repent of their sin and surrender to Jesus as Lord and Savior could be set free!

This removes the focus off you and your works to the finished work of Jesus! To fix your eyes on Jesus and follow him

Communion.....

