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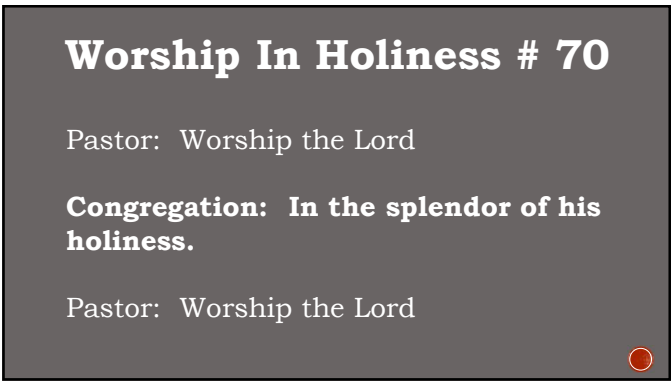
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**Congregation: With gladness.**

Pastor: Worship the Lord

**Congregation: And come before him  
with joyful songs.**



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**BUILDING  
HOLY HABITS**



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## OLD HABITS VS. NEW HABITS

- ❖ Research suggests that, on average, it takes about 66 days to form a new habit or break an old one.
- ❖ Some of the factors that have an influence on how long it takes to break an old habit or establish a new habit.



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- ❖ Habit Complexity-More complex habits tend to take longer to form or break.
- ❖ Individual Differences- Some people are more habit-resistant than others.
- ❖ Consistency-Regular repetition and consistency are crucial for habit formation or breaking.



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MATTHEW 6:25-30



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<sup>5</sup> “Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ●

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<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ●

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<sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. ●

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<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

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Zechariah 4:9-10

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<sup>9</sup> “The hands of Zerubbabel have laid the foundation of this temple; his hands will also complete it. Then you will know that the LORD Almighty has sent me to you. <sup>10</sup> “Who dares despise the day of small things, since the seven eyes of the LORD that range throughout the earth will rejoice when they see the chosen capstone in the hand of Zerubbabel?”

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## HEBREWS 12:14-15

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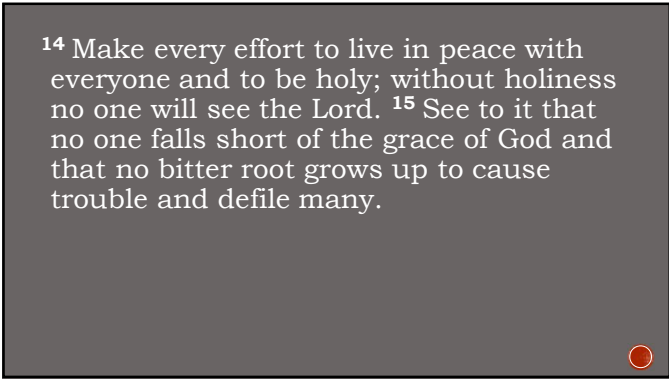
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<sup>14</sup> Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. <sup>15</sup> See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

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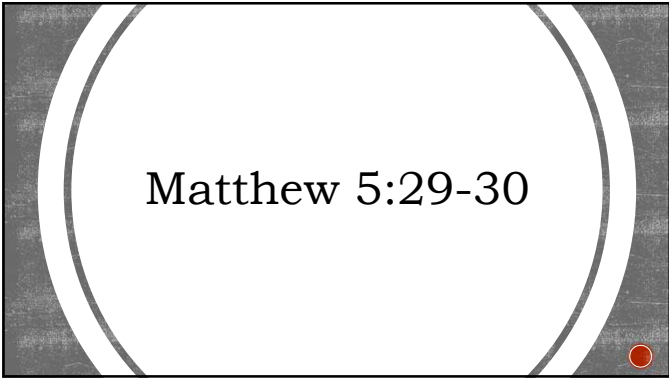
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## Matthew 5:29-30

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<sup>29</sup> If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. <sup>30</sup> And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

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## COLOSSIANS 3:5-9

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<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived.

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<sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices.

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## HEBREWS 10: 23-25

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<sup>23</sup> Let us hold unswervingly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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## Seek God

- ❖ Seek relationship with God through reading, meditation, and prayer.
- ❖ Seek God's will.
- ❖ Grace, mercy and forgiveness.
- ❖ Seek God's strength and perseverance.
- ❖ Continual pursuit of God.



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## Start Small

- ❖ beginning with simple, manageable actions to build a relationship with Him, rather than aiming for grand gestures or immediate transformation, and focusing on consistent, small steps of faith and obedience. Follow Jesus teachings'
- ❖ Recognize that even small acts of faith and obedience can be significant to God and can lead to greater things.



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- ❖ Don't Compare yourself to others.
- ❖ Acknowledge and celebrate the small victories and milestones along your journey
- ❖ Building a relationship with God takes time and effort, so be patient with yourself and don't give up when things get tough.
- ❖ Don't be afraid to fail or stumble



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### Put to death Sinful habits

- ❖ Recognize that sinful habits often stem from underlying sinful desires and attitudes
- ❖ Ask God to reveal the specific sinful desires and attitudes in your heart.



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- ❖ Acknowledge your sins and seek forgiveness from God
- ❖ flee from situations and circumstances that tempt you to sin.
- ❖ Remove or limit access to things that trigger your sinful habits, such as certain social media accounts or places.
- ❖ Replace bad habits with good habits
- ❖ Engage in activities that promote holiness and righteousness.



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### Live a Life of Holiness.

- ❖ Regularly assess your thoughts, motives, and actions, identifying areas where you fall short of God's standards.
- ❖ Acknowledge your sins and seek God's forgiveness through repentance and faith.



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- ❖ Practice self-discipline in areas like your thoughts, speech, and actions, aligning your behavior with God's standards.
- ❖ Seek fellowship and accountability with other Christians, supporting each other on the journey toward holiness.
- ❖ Strive to live a life that reflects Christ's character in your interactions with others.

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- ❖ Be Intentional.
- ❖ Ask God to guard your heart and mind, protecting you from evil influences.
- ❖ Recognize that you cannot live a holy life on your own, but you need God's grace and power.
- ❖ Trust in God's promises of forgiveness, transformation, and eternal life.

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### Keep Persevering

- ❖ Prayer-Make prayer a regular part of your day, seeking God's guidance, strength, and perseverance.
- ❖ Study God's Word- Regularly engage with the Bible to understand God's character and His commandments.

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- ❖ Fellowship-Surround yourself with a community of believers who can offer encouragement, accountability, and support during difficult times.
- ❖ Accountability-Encourage each other in the truth and model Christian change and holiness.
- ❖ A firm belief in God's faithfulness and His promises is the foundation of perseverance.

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- ❖ Fix your eyes on the hope and glory that await believers in Christ.
- ❖ See trials as opportunities for growth and deepening your faith.
- ❖ Choose to adopt an attitude of joy and gratitude, even in the face of challenges.
- ❖ Persevering through difficult times will help deepen your strength and understanding of God.

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- ❖ Make a conscious decision to be holy every day.

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