

A dark, atmospheric landscape featuring a road that leads towards a range of mountains. The scene is dimly lit, with a misty or foggy atmosphere. The road has a dashed white line down the center and solid white lines on the sides. The mountains in the background are dark and silhouetted against a slightly lighter sky. The overall mood is mysterious and contemplative.

Creatures Of Habit

Habit Definition

1. A behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance.
2. An acquired mode of behavior that has become nearly or completely involuntary.

We all have good and bad habits.



Spiritual Discipline

1. Let God speak to you daily.

5 Every word of God is pure: he is a shield unto them that put their trust in him.

Proverbs 30:5 (KJV)

Spiritual Discipline

2. Speak to God daily.

16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16 (NIV)

Spiritual Discipline

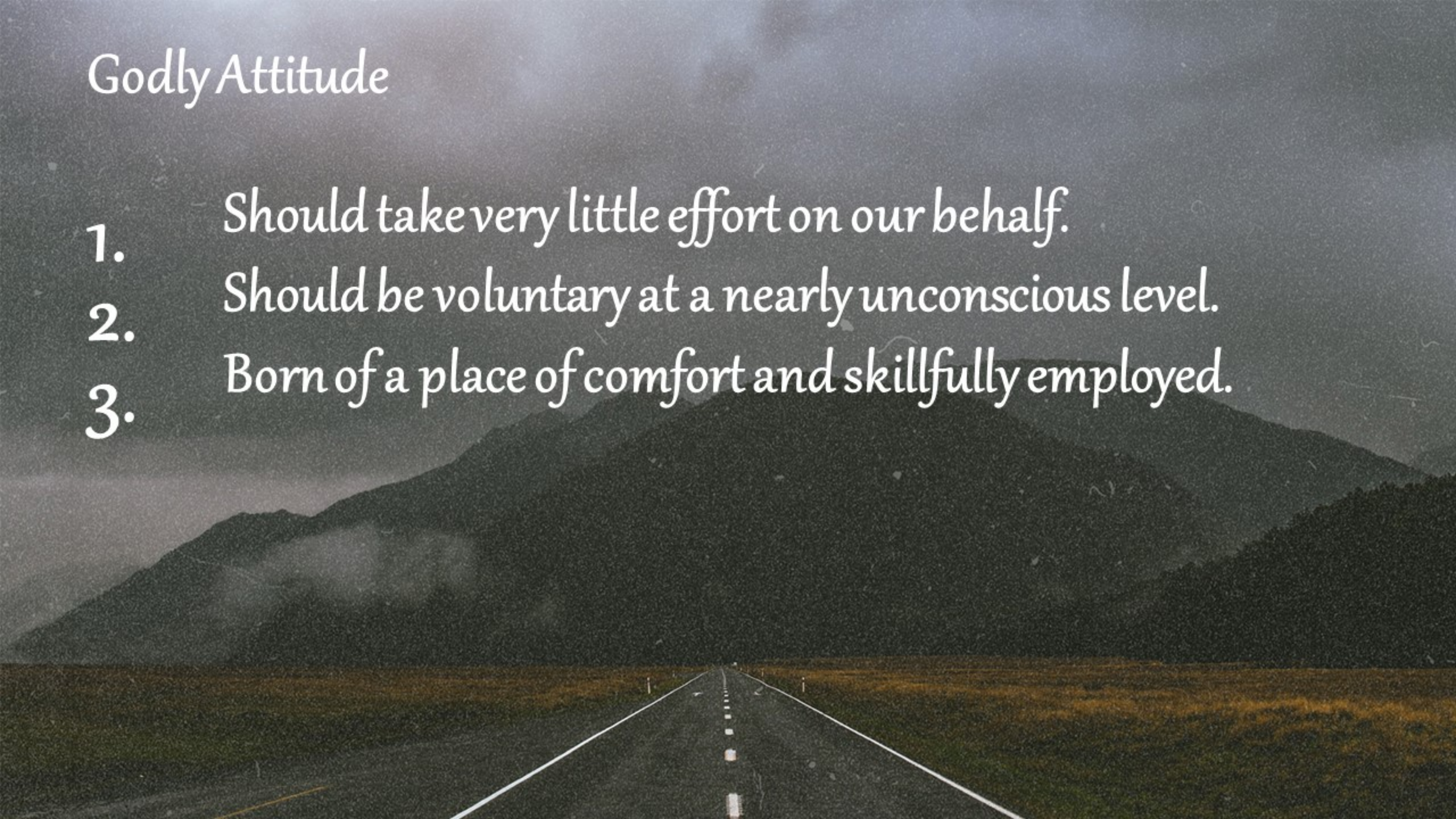
3. Glorify God daily.

12 I will praise you with all my heart, Lord my God, and will honor your name forever.

Psalm 86:12 (NIV)

Godly Attitude

1. Should take very little effort on our behalf.
2. Should be voluntary at a nearly unconscious level.
3. Born of a place of comfort and skillfully employed.



We cannot live in perpetual chaos.

1. Everything doesn't have to be a grand problem.



We cannot live in perpetual chaos.

2. Worry is spiritually unhealthy.

25 “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? 26 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? 27 Can any one of you by worrying add a single hour to your life?”

Matthew 6:25-27 (NIV)

We cannot live in perpetual chaos.

3. Worry can stop us from being in relation with God.

- Let God speak to you, speak to Him and glorify Him daily.

- Put on the Full Armor of God daily.

Full Amor of God

1. The Belt of Truth (Pursue Truth)
2. The Breastplate of Righteousness (Protects the Heart)
3. The Gospel of Peace (Oneness or Wholeness)
4. The Shield of Faith (Hearing God and His Word)
5. The Helmet of Salvation (Gift from Christ's Work)
6. The Sword of The Spirit (Offensive and Defensive)

Habits shape and show the heart.

19 As water reflects the face, so the heart reflects the person.

Proverbs 27:19 (CSB)



Habits shape and show the heart.

1. Write down what habits you want to sustain.
2. Write down the habits you want to improve upon.

