

Holy Habits
The Power To Change
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Truth in a Nutshell: If you want to change your life, change your habits. Consistent intentional habits are what make your plans work.

A. We are creatures of Habit!

1. Where we are today is largely shaped by our habits.
2. Our strategy to change cannot be based on Hope.
3. If we want to change our life, we have to change our **Habits**.

B. The first call to God's purpose for your life is *relationship*.

1. Intimacy is the key to knowing God's heart.
2. Daniel in Babylon.
 - i. Taken Captive.
 - ii. King's food / interpreted the King's dream (Daniel Ch 2)
3. Kings reward.

Daniel 2:46-48 (NLT) *Then King Nebuchadnezzar threw himself down before Daniel and worshiped him, and he commanded his people to offer sacrifices and burn sweet incense before him. ⁴⁷ The king said to Daniel, "Truly, your God is the greatest of gods, the Lord over kings, a revealer of mysteries, for you have been able to reveal this secret."*

⁴⁸ *Then the king appointed Daniel to a high position and gave him many valuable gifts. He made Daniel ruler over the whole province of Babylon, as well as chief over all his wise men.*

4. Habits shape our identity.
 - i. The habit of prayer 3 times a day shaped Daniel's identity.
 - ii. Close to God / wisdom from God.
 - iii. Favor of God on his life.
5. Our Identity / success is linked to our habits.

6. The habit that saved Daniel's life.

Daniel 6:5 (NIV) *Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."*

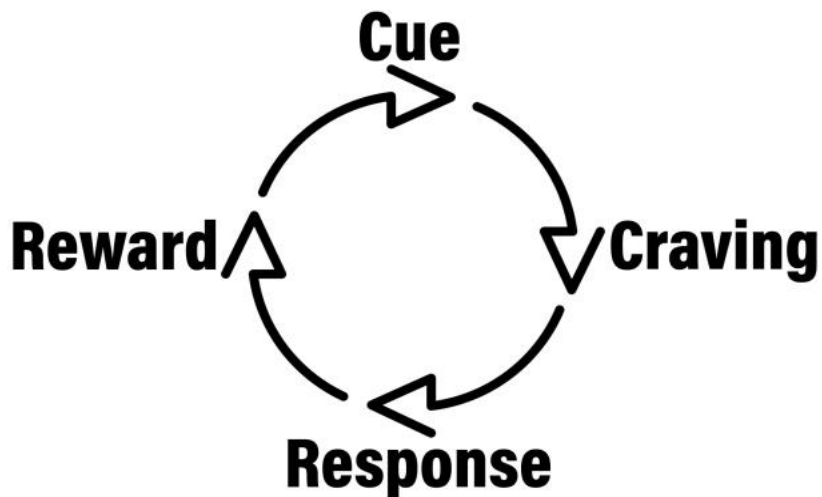
Daniel 6:10 (NIV) *Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

C. How do you change your Habits?

1. Start with small doable changes.
2. Based on who you want to become, what's one habit you need to start?

Hebrews 10:25 (NLT) *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.*

3. How to Create a New Habit.
 - i. Make it obvious.



If you want to change what you do, change your cues.

- ii. Make it easy.

I will do _____ after I _____.

1 Timothy 4:8 (NLT) *"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."*

Zechariah 4:10 (NLT) *"Do not despise these small beginnings, for the LORD rejoices to see the work begin ..."*

4. Based on who you want to become, what's one habit you need to stop?

Next Steps: Today I am:

1. Committing my life to Christ.
2. Committing my life pursuing a closer relationship with Christ.
3. Determined to start the Holy Habit of _____
4. With God's help stopping an Unholy Habit