



# Habits

Pastor Mike  
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“We are what we repeatedly do.” – Aristotle

“Most people have uphill hopes and downhill habits.” – John Maxwell

**Uphill hopes** are “I wish I could start doing something like working out or eating healthy” as we lay on a couch and eat something bad.

**Uphill habits** are the difficult things we don’t really want to do because it’s not easy.

**Downhill habits** are the easy ones—the ruts we’re in that are unhealthy.

Dr. Caroline Leaf says it takes 63 days to form and keep a good habit in our lives.

**Luke 4:16 New International Version (NIV)** *He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. (Habit) He stood up to read,*

**Acts 17:2 New International Version (NIV)** *As was his custom, (habit) Paul went into the synagogue, and on three Sabbath days he reasoned with them from the Scriptures,*

**Hebrews 10:25 New International Version (NIV)** *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.*

“We all make choices, but in the end our choices make us.” – Bishop Dale Bronner

## HOPE

**Jeremiah 29:11 (NIV)** *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.*

**REPENTANCE:** Repentance is a reset, a course correct; start going in an opposite direction.

**Philippians 3:13 (NIV)** *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

## UPHILL HABITS

### Formation of Uphill Habits

**Romans 12:2 (MSG)** *Fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

1. Put God first.

**Matthew 6:33 Amplified Bible (AMP)** *But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.*

2. Give God the first of everything.

**Leviticus 27:30 (NIV)** *A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the LORD; it is holy to the LORD.*

**Deuteronomy 14:23 (LB)** *The purpose of tithing is to teach you to always put God in first place in your life.*

- The first of my year
- The first of my month
- The first of my week
- The first of my day

“Change before you have to.” –Jack Welch

3. Expect God to bless the rest.

**Proverbs 3:6-10 (NIV)** *In all your ways acknowledge him...Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.*

**Hebrews 12:1-2 New Living Translation (NLT)** *Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.[a] Because of the joy[b] awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.*

What steps can you take in this new year to refocus and or set new habits?