



The Issues of Life

Proverbs 4:23

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Habits

Introduction:

Do you ever get frustrated with yourself? Wondering why you struggle changing _____, patterns, _____ in your daily life? As we consider the issues of life, let's take the time to reflect upon the habits that we have developed in our lives. The habits that we portray in our daily lives can glorify God, be completely _____, or actually displease God. Therefore, some questions that we may ask ourselves are, "What types of habits are prevalent in my life?" "Are most of my habits "good"?" "Do I have some " _____" habits that I need to get rid of?" "If so, how?"

1. What are habits?

Definition - A disposition or condition of the _____ or _____ acquired by " _____" or a frequent _____ of the same act. *Habit* is that which is _____ or _____, the effect of custom or frequent repetition. Hence we speak of _____ habits and _____ habits.

custom - _____ or common use, or " _____;" a frequent _____ of the same act; hence, way; established manner; habitual practice.

practice - Frequent or _____ actions; a succession of acts of a similar kind or in a like employment; as the *practice* of _____ early or of _____ late; the *practice* of _____ a portion of Scripture morning and evening; the *practice* of making regular entries of _____; the *practice* of _____ or _____.
_____ is the effect of _____.

- If the things that we practice develop our habits, then in order to have "good" habits, simply practice " _____" things, right?
- Furthermore, to get rid of "bad" habits, simply stop practicing "bad" things, right?
- It is so simple... Just _____ !

2. The Good the Bad and the Sinful

- Good -

- Bad -

- Sinful -

Verses: I Cor. 10:23, I Cor. 9:24-27, I Cor. 6:12, Gal. 5:13, Eph. 4:29, Gal. 5:19-23, Rom. 8:13, Col. 3:5-10

3. Why is it so hard to break bad habits?

- The struggle lies _____. Gal. 5:16-17, Rom. 7:15-20, Rom. 8:5-13, I John 2:15-17
- The struggle is _____! We are in a battle, like it or not. We are _____ (flesh) and we are _____. Which _____ of you wins the battles? 2 Timothy 2:2-3
- Habits form deep within our _____. Psalm 139:14, Romans 12:1-2
 - Neuroscientists have traced our habit-making behaviors to a part of the brain called the _____, which also plays a key role in the development of _____, _____ and pattern _____. Decisions, meanwhile, are made in a _____ part of the brain called the _____. But as soon as a behavior becomes _____, the decision-making part of your brain goes into a _____ of sorts.
 - Most people have heard it said that it takes about ___ days to form a new habit or break an old one. However, a recent study has described the ___ day habit formation formula as a _____. According to Phillippa Lally, a health psychology researcher at University College London, a new habit usually takes a little more than _____ — _____ on average to be exact — and as much as ___ days until it's fully formed.
 - The time it really takes can depend on plenty of different things, including:
 - how _____ you've had the habit
 - whether you've fully _____ the behavior into your life
 - what _____ (social, physical, or emotional) you get from it
 - whether other _____ reinforce the habit
 - your _____

4. Steps to breaking/changing bad/sinful habits.

Step 1: Identify the _____ - What specific behavior are you trying to change?
I Cor. 10:13, Eph. 4:22-31, Col. 3: 5-10*

Step 2: Identify the _____ - What makes you act out this behavior?
I Cor. 15:33, Eph. 4:27, I John 2:15-17, Galatians 5:16-17*, Romans 3:23

Step 3: Deal with the trigger - Be _____ with _____ and _____.
I John 1:9, I John 2:15-16*, Prov. 28:13

Step 4: Develop a plan - Don't focus on _____ the behavior, but creating a _____.

Step 5: Use _____ - Memorize _____ associated with this behavior.
Ps. 1:2, Ps. 119: 9-11, I Pet. 5:7, Rom. 12:2*, Gal. 5:1

Step 6: Get support - Submit to being _____, confide in another _____.
James 5:16

Step 7: Be persistent and patient AND NEVER _____!
James 1:12, Gal. 6:9, Phil. 4:13, Eph. 3:20