

**Choices – Part 2
Habits**

Story – Your Constant Companion

I am your constant companion.

I am your greatest helper or heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half the things you do might just as well be turned over to me and I will be able to do them quickly and correctly.

I am easily managed--you must merely be firm with me.

Show me exactly how you want something done and after a few lessons I will do it automatically.

I am the servant of all great people and, alas, of all failures, as well.

Those who are great, I have made great.

Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a person.

You may run me for profit or run me for ruin -- if makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet.

Be easy with me and I will destroy you.

Who am I?

PP2 - I am habit!

--- Author Unknown

Just like choices, everyone has them and no one can avoid them (up to 35,000 per day)

HABITS

What is a habit?

- A habit is a routine of **behavior** that is repeated regularly and tends to occur subconsciously.
 - In the *American Journal of Psychology* (1903) it is defined in this way: "A habit, from the standpoint of psychology, is a more or less fixed way of **thinking**, willing, or feeling acquired through previous repetition of a mental experience."

Proverbs 23:7 (NKJV) - For as he **thinks** in his heart, so is he. "Eat and drink!" he says to you, but his heart is not with you.

2 Corinthians 10:4-5 (NKJV) - For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Choices are a reflection of what we believe to be true and these choices become our habits

Point 1 - Habits are powerful

- **Habits can help you become successful or destroy you.**
- Continued from the American Journal of Psychology "Old habits are hard to break and new habits are hard to form because the behavioural patterns we repeat are imprinted in our neural pathways, but it is possible to form new habits through repetition."
- Habits can be changed, not easy but they can be.
- Changed habits are a result of a decision AND that decision acted upon
 - Duke University study showed that 40% of our week (3 days out of 7) are based upon habits.

Point 2 –Stop the habit of dwelling in the past

- **Choose to stop living in the past –**

Again, this word came to me last week;

"To live in the past is to never get to the future. To live in the future is to never enjoy the current. You may not enjoy your current but in current but in the current you can choose to enjoy Him. For it is His Joy, His Grace, that will empower to not just live in your current but to thrive (even if it's a bad season). The bad can become your good if you will trust Me says the Lord. The troubles you face now will be your strength tomorrow."

He is more than just our Father and The One True God, He is the one that came to be with you and still wants to be with you. His love never fades, fails, and His love for you today is just as strong today as it was yesterday, success or failure His love for you is everlasting.

- His power is available TO ALL that believe. This belief though won't just fall into your lap.
 - It's going to happen, your faith is going to increase AS YOU (NOT SOMEONE ELSE) BURN FOR HIM.
 - Doesn't mean your faith in Him, in His Word, won't be tested and won't be difficult BUT AS WE BURN FOR HIM AND DRAW CLOSER TO HIM THE MORE OUR FAITH IN HIM WILL RISE UP AND THE VICTORY PROMISED WILL BE THE VICTORY SEEN.

Philippians 3:13 (HCSB)

Brothers, I do not consider myself to have taken hold of it. But one thing I do: **Forgetting** what is **behind** and reaching forward to what is ahead,

Forgetting – made up of 2 Greek Words (epi and lanthano)

1. **Epi** – Carries the idea of a “turning, as in turning from one thing to focus on something else.
2. **Lanthano** – Carries the meaning “something that is finished, done with, or obsolete.
 - a. When both these words are combined we get the Greek word “epilanthano” which carries the idea of something you turn away from and forget.
 - i. When used in a passive sense, like in this case, this word carries the picture of something that is **to be put aside, deliberately ignored, purposefully disregarded, and completely forgotten.**
 - ii. This word signifies **something that may have really been true in the past, but is no longer applicable.**
 1. **TO put into our language today**
 - a. Stop thinking about it!
 - b. Put it out of your mind.
 - c. Put it behind you.
 - d. Wipe it out.
 - e. Erase it from your memory.
 - f. Get it out of your system.
 - g. Quit paying attention to it (quit “petting it”).
 - h. Get your eyes off of it.
 - i. Be oblivious to it.
 - j. Forget about it.

Behind – Greek word is **Opiso**

- This word describes something so obsolete that it should be permanently relegated to the back or to the past, abandoned or left behind.
 - This is something that in your past (or maybe even someone else's past) that should be left in the past.
 - “Leave it behind and never revisit it – to **abandon**”
 - **Abandon** - give up completely (a course of action, a practice, or a way of thinking):

- **This same Greek word was used by Jesus in Matthew 16:23** when He spoke to Peter (after Peter tried to say “no way Jesus, you’re not going to die..”) and Jesus said “get **behind** me Satan”
 - He wasn’t calling Peter Satan but the devil was speaking through Peter, as he still does today
 - Jesus would have nothing to do with these words
 - Jesus would not have this kind of thinking – in other words He abandoned what Satan was speaking thru Satan

Why bring this up

- Because Jesus was telling the words from hell to get behind, and not to revisit those words because God had a plan and that plan had to be fulfilled and Jesus was determined to not allow anything, he choose to not start any bad habits of listening to the devil and spoke boldly by saying “get behind me”

Again, why bring this up

- When thoughts from others, or the kingdom of darkness, try to bring up your past, you, just like Jesus command those thoughts to get behind you, and tell yourself not to revisit the past. Resist the thoughts of failure.

Confession;

- I am not a failure
 - My past is not a prophecy of my future
- I choose today to start new habits
 - Habits that will draw me closer to Him
 - Habits that will cause me to burn for Him

If you don’t study the past you are doomed to repeat the past

While there may be some truth to this BUT in regards to your past **His Word says forget it**

It’s ok to be aware of your past BUT please stop studying it

- Stop driving your life by looking the rear view mirror
 - The rear view mirror in your car is a lot smaller than your windshield.
Why?
 - Because if your going to get beyond your past then you need to look forward. You need to drive straight ahead and stop trying to drive a straight line by looking behind.

Point 3 – Choose habits that will further you walk with Him

- **Choose habits that cause you to grow towards Him, to burn for Him, and not away from Him**

Jesus had habits

Luke 4:16 (HCSB) – “He came to Nazareth, where He had been brought up. As usual, He entered the synagogue on the Sabbath day and stood up to read.”

- **The word “usual” here in the HCSB can easily be translated to “custom”,**

- A synonym of custom is...HABIT!
 - So, what does this mean?
 - It was His custom, His habit, to go to the synagogue on the Sabbath. The focus is Jesus, the man Jesus, while He walked around on this earth, had at least 1 habit. Let's quickly look at another habit Jesus had.

Luke 22:39 (HCSB) – He went out and made His way as usual to the Mount of Olives, and the disciples followed Him.

Mark 1:35 (AMPC) – and in the morning, long before daylight, He got up and went out to a deserted place, and there He prayed.

If Jesus, in His humanity, sought time with His Father then how much more should we?

Jesus made a decision, as a man, made a determination, made a choice that He would have certain habits and one of those habits was to spend time with His Father!

**WHAT ARE YOUR SPIRITUAL HABITS?
DO YOU EVEN HAVE SPIRITUAL HABITS?
IF NOT, WHY?**

AGAIN, what are your spiritual habits? If Jesus had some spiritual habits then so should we

Practice doesn't make perfect, rather PRACTICE (Habits) MAKE PERMANENCE

POINT 4 – The seeds you sow today you will reap in the future

Meaning this – the choices we make today become our habits of tomorrow; good or bad

Galatians 6:7 (NKJV)

Do not be **deceived**, God is not mocked; for **whatever** a man **sows**, that he will also **reap**.

Deceived

- To lead astray
- To wonder of
- Beguiled
- Bewitched
 - Duped
 - **Seduced into believing a lie in place of a truth**

- **Meaning I can sow anything and get something completely different**
 - **I can sow anger and expect love**
 - **I can sow unforgiveness and expect forgiveness**

DECISIONS BECOME SEEDS AND SEEDS BECOME HABITS

What you sow today will become your harvest tomorrow

The choices you make today will become the habits of tomorrow