

“The Power of Habit”

06.25.23

Why do you do, what you do?

Question for you! Are you choosing what is **ultimately important** over what is **immediately satisfying**?

Matthew 26:41 (NIV)

⁴¹“**Watch** and **pray** so that you will not fall into temptation. The spirit is **willing**, but the flesh is weak.”

“Direction, not **intention**, determines destination.” - Andy Stanley

Some truths about Habits:

Habits inform direction!

When our intentions change, but our **habits** don't, our direction stays the same.

The life you are **living** today is a result of the habits you have **formed** along the way.

Galatians 6:7-9 NLT

Don't be misled—you cannot mock the justice of God. You will **always** harvest what you **plant**. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we **don't give up**.

One more thing about habits... 😊

What we do **habitually**, determines how we experience God **relationally**.

“Good and Evil, both increase at **compound interest**. That is why the little decisions you and I make every day are of such infinite importance.” CS. Lewis - Mere Christianity

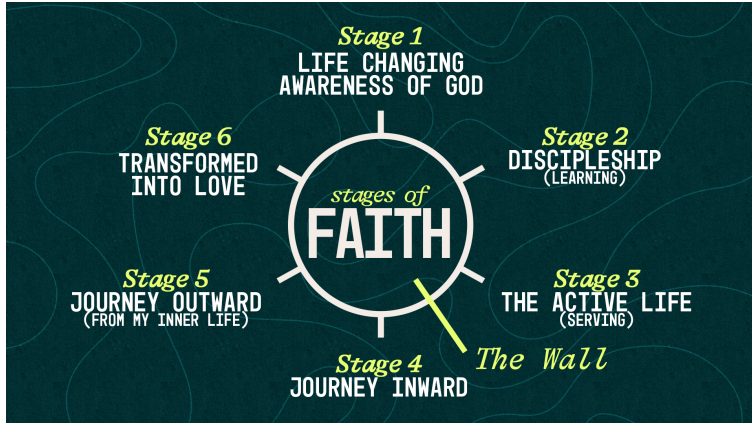
When my will is consistently freely, and joyfully aligned with what I most deeply value, **my soul finds rest**. That is **wholeness**. When I live with half-hearted devotion, my soul is always **strained**. - **John Ortberg**

“As the Father has loved me, so have I loved you. Now **remain** in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. “- **John 15:9-11 NIV**

Don't underestimate devotion!

God-given delight is **only found** in God-centered devotion.

The Way to Devotion: Consistency, proactivity and authenticity.



1 Corinthians 9:24–27 (NLT)

²⁴ Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵ All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an **eternal prize**. ²⁶ So I run with purpose in **every step**. I am not just shadowboxing. ²⁷ I **discipline** my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

True devotion is cultivated by **private** discipline.

When God-centered **devotion** becomes a **habit**, **delight** becomes a **reflex**.

What do you need to break up with?

Secondary Delight (Superficial Delight)

“When **we** determine what is good and rely on its goodness to satisfy us in the moment.”

Unhealthy habits bend our faith away from God and toward ourselves.

What do you need to begin?

Do not despise these small beginnings, for the LORD rejoices to see the work begin, to see the plumb line in Zerubbabel's hand.” **Zechariah - 4:10**

“Habits are behaviors that we repeat consistently. However, they are not behaviors that we repeat perfectly. This small idea that consistency does not require perfection - is important.” James Clear

“Be careful not to practice your righteousness in front of others **to be seen by them**. If you do, you will have no reward from your Father in heaven.”

Matthew 6:1 NIV

But **seek first** his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:33-34 NIV