



### 1.) The capacity of habit is a **GIFT** from God.

- Imagine if the ability to act and react by habit were withdrawn for a day.
- Habits are a vital part of everyday living.
  - Habits enable us to act without conscious deliberation.
  - We cannot avoid habitual living; it is the way God made us.

### 2.) The gift of habitual behavior is easily **ABUSED**

- Hebrews 10:25, 2 Peter 2:14, 1 Peter 1:18
- Because habitual behavior is so powerful, bad habits are especially dangerous.

### 3.) The capacity of habit works **BOTH** ways.

- Habits are either the best of servants or the worst of masters.
- Hebrews 5:13-14
  - Practice itself is indifferent; it can work for or against you. It all depends upon *what* you have practiced.
  - v. 13 – Spiritual infants have not profited from God's Word because they were not in the habit of using it.
  - v. 14 – Mature Christians are those who have *trained* themselves to “discern good from evil.”

### 4.) Growth in Christ requires **PUTTING OFF** bad habits (Ephesians 4:22).

- Bad habits are like comfortable beds—easy to get into, but hard to get out of (Jeremiah 13:23, 1 Corinthians 8:6-7).
- Because habits have such powerful influence over our lives, we must deal with them forcefully (2 Peter 2:19)

**5.) Growth in Christ requires fostering GOOD habits (Ephesians 4:24)**

- Mature Christians are those who are consistently cultivating the habit of holiness.
  - Spiritual growth involves replacing old, sinful ways with new patterns from God's Word.
  - Thomas a Kempis – "Habit is overcome by habit."
- Acquiring good habits requires hard work.
  - God habits come by disciplined practice (1 Timothy 4:7).
  - Putting on good habits is a lifelong process.
  - In order to change our habits, unconscious behavior must be consciously evaluated.
  - *Are my habits born from God's will or my own? Is my habit life drawing me nearer to God or farther away?*
- Holy habits require the Holy Spirit (John 15:5, Phil. 2:12-13)

**Application**

-- Make a list to evaluate your habits:

<u>Godly Habits</u>	<u>Ungodly Habits</u>
Bible Reading/Study	Habits that waste time
Habitual Prayer	Habits that waste money
Sunday Morning Worship	Habits that waste opportunities
Sunday School Participation	Habits keeping me from prayer
Weekly Church Service	Habits keeping me from study
Scripture Memorization	Habits keeping me from family
Constructive Reading	Habits keeping me from church
Family Time	Habits keeping me from my best
Date Night	Habits keeping me from fellowship
Others-Centered Activities	

-- We are all creatures of habit. Trust in God and work with all your strength to become a creature of useful, godly habits.