

# THIS THAT

PART 4: BIRTH OF A HABIT      SUNDAY, NOVEMBER 22, 2015

Hebrews 12:1-2a Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith.

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

## HABIT FACTS

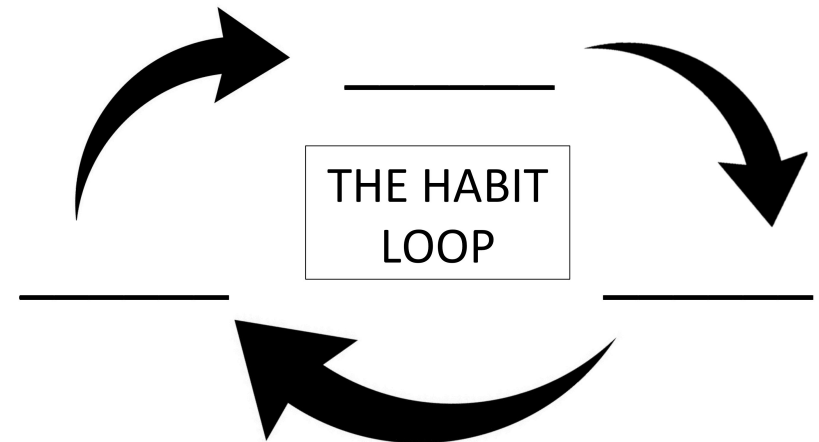
1. Habits are a part of God's \_\_\_\_\_. But the enemy comes to steal, kill, and destroy.
2. Habits will help you or \_\_\_\_\_ you.
3. Habits emerge because the brain is always looking for ways to be more \_\_\_\_\_.
4. Studies show that up to \_\_\_\_\_ of our daily function is directed by our habits.

Philippians 3:18-19 For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. 19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.

5. The more disciplined we are in our habits the more \_\_\_\_\_ our life will be.

**HABIT FORMING:** Habits are formed in a three-loop step.

Proverbs 18:9 (MSG) Slack habits and sloppy work are as bad as vandalism.



- ❖ “When a habit emerges, the brain stops fully participating in the decision making. It stops working so hard or diverts focus to other tasks.”

## CHANGING A HABIT

1. Identify the bad habit.
2. Identify the \_\_\_\_\_ and rewards of the habit.
3. Find a \_\_\_\_\_ behavior and routine.
4. \_\_\_\_\_ is vital.

## 5. Associate with people of like habits.

1 Corinthians 15:33 (NKJV) Do not be deceived: "EVIL company corrupts GOOD habits."

Opposite is true: "GOOD company corrupts EVIL habits."

## KEYSTONE HABITS

1. Have the power to start a \_\_\_\_\_ and cause other habits to also shift and change.
2. Build \_\_\_\_\_ and self-control which spills over into other areas of life unknowingly.
3. Convince people that larger accomplishments are achievable as they experience \_\_\_\_\_ wins.

## FAMILY DISCUSSION QUESTIONS

1. What are the bad habits you each want to change?
2. Discuss what are the cues and rewards?
3. Discuss what would be alternative routines or behaviors.
4. What are some good habits you want to initiate between now and New Year's Day? Individually and as a family?