

Introduction

Developing Habits

Habit

- “a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance; an acquired mode of behavior that has become nearly or completely involuntary” (Merriam-Webster)
- from ethos, a “custom, habit, manner”
- I Cor. 15:33 - manners

Custom

- “a usage or practice common to many or to a particular place or class or habitual with an individual” (Merriam-Webster): identifies the characteristics of an individual

Habits or Customs

- Terms do not define the nature of the practice, just that an individual has the propensity to continually engage in the practice: it may be beneficial, or it may be detrimental to the individual.
- As is seen throughout the life of each individual, it is common to detect particular, and sometimes peculiar, habits or customs.

God's Desire

- God's Desire:
 - Titus 2:11-14 - A people for His own possession
 - 1 Pet. 1:13-16 - Be holy as He is Holy.
 - 1 Pet. 2:10 - Be a royal priesthood.

Our Responsibility

- Mk. 12:28-31 - Love God.
- Rom. 12:1-2 - Present our bodies a living sacrifice.
- 2 Pet. 3:17-18 - Grow in grace and knowledge.
- Titus 2:11-14 - Be a people for His own possession.
- 1 Pet. 2:1-10 - A royal priesthood
- Eph. 4:15 - Speaking truth in love

Areas of Life Require our Attention

- Internal Resolve
- Outlook
- Routines
- Health
- Attitude
- Actions

Internal Resolve

- Characteristics that need to be developed within in order for them to be of any use to us or those around us. No fruit will come from merely acting out these attributes - they must be genuine and spring from within.

Obedience	Redeeming Time	Discernment
Commitment	Meekness	Modesty

Attitude

- Characteristics which will form the basis of our thinking and the atmosphere in which we choose to exist and perceive the world around us.

Godliness	Zealousness	Compassion
Faithfulness	Honesty	Moderation

Outlook

- Characteristics which directly form the framework within which we deal with others. Our outlook will determine which action we more easily put into play.

Patience	Hopefulness	Brotherly Love
Love	Peacemaker	Moderation

Routines

- Characteristics that most easily lend themselves to a schedule or time of day.

Fellowship	Study Habits	Given to Hospitality
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Actions

- Characteristics which are only visible when manifested by movement, speech or physical action. These habits/customs will require that we “do” something, not just merely hold this disposition in our mind or heart.

Praise	Proving the will of God	Worship
Wise Spending	Prayer	Bridling the Tongue
Purity in Living	Decision Making	

Health

- Characteristics which modern medicine has shown to have direct correlation on our mental, physical and psychological health.

Conscience	Self-Control	Bodily Exercise
Confession	Repentance	Joyful Spirit & Rest

Our Focus

- Attitude - Characteristics which will form the basis for our thinking and the atmosphere in which we choose to exist and perceive the world around us.
- Actions - Characteristics which are only visible when manifested by movement, speech or physical action. These habits will require that we “do” something, not merely hold this disposition in our mind or heart.

Internal Resolve

Obedience

I Sam. 15:22, 23; Prov. 3:7-8; 19:16

- “In its simpler Old Testament meaning the word signifies "to hear," "to listen." It carries with it, however, the ethical significance of hearing with reverence and obedient assent. In the New Testament, a different origin is suggestive of "hearing under" or of subordinating one's self to the person or thing heard, hence, "to obey.”
- Heb. 5:9 - “all them that obey him”

To What Must We Harken?

- 1 Pet. 1:22 - Truth
- Jn. 8:31-32 - The truth shall make you free.

Obedience Demands

- Jn. 5:40 - Action
- Rev. 22:18-19 - No additions or subtractions
- Lev. 10:1-2 - No substitutions
- Matt. 7:21-22; Col. 3:17 - Authority from God
- Acts 5:29 - Obey God rather than man

Can I affirm that Obedience is an effective and developed habit in my life?

Redeeming the Time

Eph 5:16

- Thomas Edison: “Time is the most important thing in the world.”
- Benjamin Franklin: “Doth thou love life? Then do not squander time, for that is the stuff life is made of.”

Christian's Obligations

| Cor. 10:3 |

- Jam. 4:14 - Have little time to do so
- 1 Pet. 1:17 - Pass your time in fear.

Importance of Time

- Lk. 16:19-31 - Once gone, gone forever
- Brevity of life emphasizes the importance of time:
 - Psa. 90:10 - Days are determined.
 - Jn. 14:1 - Days are few.

Importance of Time

- God's view of idleness:
 - Prov. 19:15 - Hunger a penalty of idleness
 - Prov. 23:1 - Will result in poverty
 - Matt. 20:6 - Jesus rebukes idleness.

How To Waste Time

- Prov. 6:6-8 - Lack of application
- Prov. 22:29 - Lack of diligence
- Phil. 3:13-14 - Pondering past mistakes
- Matt. 6:25-34 - Worry about the future

**Can I affirm that Redeeming
the Time is an effective and
developed habit in my life?**