

## So I Walk

WK\_2 Habits

### RECAP

**You get your mind right, you get your life right!  
You'll never live past the lid of your thought life.**

**Q: What in my life looks more like the world and less like Jesus?**

**Q: Where in my life do I need transformation?**

**Q: Am I walking in the direction of His perfect will?**

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*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."*

**Our lives are made up of 100's of daily habits.**

What you choose to eat  
Eat  
Play  
Listen to  
Sing  
Drink  
Who you talk to  
Showering and brushing teeth  
Scrolling or watching

**Think about it:**

Your thoughts  
Your actions  
Your friend groups  
Your relationships  
Your reading, praying, worshipping...or lack there of.

**The life you live is locked in the habits you keep!**

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### 1. Habits take time

*Vs. 12 Do not conform to the pattern (habits) of this world...*

Good OR bad...habits take time

#### Science facts

- It takes 18 to 254 days for a person to form a new habit
- 66 days for a new behavior to become automatic.

**EX.** A coffee a week. A coffee twice a week. Now it's coffee most days...and sometimes twice a day.

*Vs. 12 Do not conform to the pattern (habits) of this world...*

**ILLUSTRATION:** Dinosaur (small, medium, large, HUGE)

**Habits start small  
but they always grow big!**

What started as visiting a site one time, has turned to you visiting a couple times a week, now you visit multiple times a day and you're wondering how it got here.

**Observation:** pleasure-based habits are particularly difficult to break, because enjoyable behavior prompts your brain to release dopamine.

### 2. Identify negative habits

*1 Corinthians 6:12 "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything.*

*The first step is to become more aware of your habits so you can develop strategies to change them."*

*"Dr. Nora Volkow, director of the NIH's National Institute on Drug Abuse*

**Q:** How do I know if it's negative?

**A:** Easy...anything that doesn't benefit your mind, body, or spirit.

**EX:** Negative habits.

- Angry malicious thinking, negative habit.
- Gossip, negative habit.
- Binging Netflix, negative habit.

- Watching, reading pornographic material, negative habit.
- Being apathetic about decisions and action, negative habit.

**Response:** 1. Salvation 2. Pray for healing / forgiveness

**Break the habit before it breaks you!**

#### **Questions to ask about**

- When does your bad habit actually happen?
- How many times do you do it each day?
- Where are you?
- Who are you with?
- What triggers the behavior and causes it to start?

**It's impossible to fight what you can't see!**

### **3. Start AND Reinforce healthy habits**

*1 Corinthians 10:31 So, whether you eat or drink, or whatever you do, do all to the glory of God*

**Bad habits are more often replaced  
than they are removed!**

**Avoiding a bad habit is good, replacing it with a healthy habit is better!**

#### **Practical**

- Be prayerful about new habits
- Invite Godly people to speak into your life
- Surround yourself with people who live the way you want to live. (Small Groups)
- Have a plan
- Be relentless
- Have patience and give grace
- Repeat!

*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."*

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