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HABITS

If I were to ask you if you had any habits, you might answer with a lot of things. Perhaps you are working on some of the bad ones like smoking, drinking, lying, stealing, gossiping, and many other things, but that is not what I want to talk about today.

I want to talk about good habits. One of the best habits someone can have would be spending time daily with the Lord. You may not hear his voice audibly, but if you make a habit of reading his word, you will hear the voice of the Spirit. I make it a habit daily to get up early enough to do this. I want to be quiet and listen and hear what God wants to say to me.

Another good habit is prayer. My definition of prayer is “just talking to God.” Some people have a list and have the habit of praying for each individual or situation daily. This is a great habit, and you will see results from it. Others feel that tug at their heart throughout the day as someone comes to their thoughts. That is God speaking to you to pray for them. Sometimes he even urges you to call a person. Listening and praying for others is a great habit.

Another good habit is guarding your mouth. James tells us in chapter 1 verse 19, ***“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.”*** We must make it a habit to be good listeners and do less talking. I find that my mouth is my greatest asset and worst liability. I have to constantly make a habit to “be slow to speak.” Being slow to wrath is also a habit. You have to choose not to react to situations. When something happens that can upset you and bring out anger, you must make it a habit to tell yourself “No,” I won’t give into that bad habit.

Another good habit is sharing your faith with others. Many never develop this habit. They may be afraid of what others might say, or perhaps they haven’t been trained. Sharing your faith is just letting someone know how good God is to you and telling them how you came to faith in Christ. It might just be the day that the person will want to do it too.

Another important habit is going before the Lord in prayer and asking him if there is anything in your life that is displeasing to him. If he shows you something, then repent. Repentance should be a daily habit. Don’t put it off because you can develop a stony heart if you do not repent quickly.

Habits are part of crucifying the flesh my friends. They are so easy to break, but in time as we develop good habits, we become less about ourselves and more about what God wants for us. Do you struggle with bad habits? Then ask God to help you. He will. He has done it over and over for multitudes of people. He is never too busy to help you develop good character.