

When Nothing Else Works to Change A Habit

Mission Statement: To take as many people to Heaven as we can, before we die. Period.

3 Areas to reconsider your habits:

Your daily routines

Your health

Your spiritual life

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. 3 John 2 ESV

Successful people do consistently what others do occasionally.

[Daniel]..went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God. Daniel 6:10b

“Our habits will make us or break us. We become what we repeatedly do.” -Sean Covey

Maybe we just need to set new goals, or New Year’s resolutions? 92% won’t last.

I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate... I want to do what is right, but I can’t. ¹⁹ I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway...Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord. Romans 7:15,18b-19, 24-25a NLT

When nothing else is working, its time for a..

RESET.

“You don’t rise to the level of your goals, you fall to the level of your systems.” -James Clear

Please test us for ten days on a diet of vegetables and water,” Daniel said. “At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” The attendant agreed to Daniel’s suggestion and tested them for ten days. At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.

So after that, the attendant fed them only vegetables instead of the food and wine provided for the others. Daniel 1:12-16 NLT

1. Commit to a set period of time to disconnect from wrong habits/urges/addictions.

Please test us for ten days.. Daniel 1:12a.

2. Replace your bad inputs with healthy inputs.

on a diet of vegetables and water,” Daniel said. Daniel 1:12b

3. Make inputs your goal, not outputs. (forget the scale, focus on the foods you eat)

“At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” Daniel 1:13 NLT

4. One you change your habits, you are guaranteed to hit your goal...it’s just a matter of time.

The attendant agreed to Daniel’s suggestion and tested them for ten days. At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. Daniel 1:14-15 NLT

5. Good habits stick because you go from do goals to who goals. (it becomes your identity)

So after that, the attendant fed them only vegetables instead of the food and wine provided for the others. Daniel 1:16 NLT

2 book recommendations:

Atomic Habits, by James Clear

Power of Habits, by Charles Duhigg