

SERIES: HOW PEOPLE CHANGE

“A habit is something that you do often and regularly, sometimes without knowing that you are doing it . . .”

-- <https://dictionary.cambridge.org/dictionary/english/habit>

Romans 7:15-17

For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. If, then, I do what I will not to do, I agree with the law that it is good. But now, it is no longer I who do it, but sin that dwells in me.

Have the Right Resources to Change

(Psalm 119:116)

Look at Noah

Genesis 9:21

Then he drank of the wine and was drunk, and became uncovered in his tent.

Look at Moses

Deuteronomy 3:23-27

²³ “Then I pleaded with the Lord at that time, saying: ²⁴ ‘O Lord God, You have begun to show Your servant Your greatness and Your mighty hand, for what god is there in heaven or on earth who can do anything like Your works and Your mighty deeds? ²⁵ I pray, let me cross over and see the good land beyond the Jordan, those pleasant mountains, and Lebanon.’ ²⁶ **But the Lord was angry with me on**

Deuteronomy 3:23-7:11 (cont’d)

your account, and would not listen to me. So the Lord said to me: ‘Enough of that! Speak no more to Me of this matter. ²⁷ Go up to the top of Pisgah, and lift your eyes toward the west, the north, the south, and the east; behold it with your eyes, for you shall not cross over this Jordan. ²⁸ But command Joshua, and encourage him and strengthen him; for he shall go over before this people, and he shall cause them to inherit the land which you will see.’ ²⁹ So we stayed in the valley opposite Beth Peor.”

Look at Gideon

Judges 8:26

Now the weight of the gold earrings that he requested was one thousand seven hundred shekels of gold [43 pounds], besides the crescent ornaments, pendants, and purple robes which were on the kings of Midian, and besides the chains that were around their camels’ necks.

Look at Peter

Galatians 2:11-13

¹¹ Now when Peter had come to Antioch, I withstood him to his face, because he was to be blamed; ¹² for before certain men came from James, he would eat with the Gentiles; but when they came, he withdrew and separated himself, fearing those who were of the circumcision. ¹³ And the rest of the Jews also played the hypocrite with him, so that even Barnabas was carried away with their hypocrisy.

1. Discipline your thought life

Colossians 3:1-2

1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. **2 Set your mind on things above**, not on things on the earth.

2. Mediate on the Word

Philippians 4:8

Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**, if there is any **virtue** and if there is **anything praiseworthy** -- **meditate on these things**.

1. True – Meditate or think about the truths of Scripture
2. Noble – Honorable or things which promote dignity
3. Just – This is another way of saying righteousness
4. Pure – Keeping yourself clean
5. Lovely – Things that promote gratefulness
6. Good report – Speaking of others in a kind spirit
7. Virtue – Moral goodness or modesty
8. Praiseworthy - Praising the right things: selflessness, honor, biblical masculinity and femininity, commitment, hard work

3. Practice it

Psalm 119:116

Uphold me according to Your Word, that I may live; and do not let me be ashamed of my hope.

Philippians 4:9

The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Ephesians 5:1-2

¹ Therefore be imitators of God as dear children. ² And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

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