


Effective Tools for Habit Change

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Don't Be Fooled By Imitations!





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Habit

- Any action which you carry out under a specific circumstance without conscious thought!
- The repetition of a series of thoughts and actions over and over again until a pattern is established







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Two Kinds of Habits


- **Good**
 - Useful
 - Time-saving
 - Life-saving
- **Bad**
 - Destructive
 - Hindrance to health and happiness


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“One bad habit, if not firmly resisted, will strengthen into chains of steel, binding the whole man.” —MH 509






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Instinct



- Habits you are born with!
- Programmed into the genetic code (hardware).
- Determines how each creature will behave.

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Changing ourselves is the **TOUGHEST** thing we ever do!



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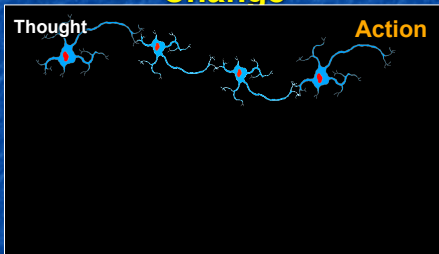


Understanding & Using The Right Tools Is Essential!



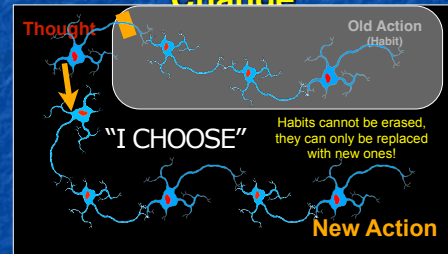
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Neurophysiology of Change



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Neurophysiology of Change



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"For what I will to do, that I do not practice; but what I hate, that I do."
Romans 7:15



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Forming Habits is Like Learning to Drive a Car!



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With Repetition the Ride Gets Fun



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The Right Tools for Habit Change

- 1 Ask God for strength.
- 2 Choose to make choices not promises.
- 3 Make a strong initial effort.
- 4 Choose a balanced, wholesome lifestyle. (sleep, diet, exercise, stress management, etc.)
- 5 Avoid temptations whenever possible. (be vigilant/proactive)

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Yield Our Will to God

"Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power." MB 62

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Look to Jesus for Strength

"We must look to Christ; we must resist as He resisted; we must pray as He prayed; we must agonize as He agonize, if we would conquer as He conquered." TMK 34.

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Bible Promises of Victory

- I Corinthians 10:13
- Titus 2:11-12
- Jude 1:24
- John 10:29
- Ephesians 3:20
- Ephesians 6:16
- Hebrews 2:18

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"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." I Corinthians 10:13

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"Now to Him who is able to keep you from stumbling, And to present you faultless before the presence of His glory with exceeding joy, to God our Savior..." Jude 1:24



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"For in that He Himself has suffered, being tempted, He is able to aid those who are tempted." Hebrews 2:18



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Cooperation with God

"We cannot, of ourselves, conquer the evil desires and habits that strive for mastery... God alone can give us the victory... He cannot work in us without our consent and cooperation. The divine Spirit works through the faculties and powers given to man. Our energies are required to cooperate with God." MB 142



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I Can Change Any Habit

When I Choose, with God's Help!



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General Wainright
†
WW II



"My commander-in-chief has defeated your commander-in-chief! I am in charge here!"



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When Faced with Temptations

“My commander-in-chief has defeated your commander-in-chief! Jesus is in charge of my life!”



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“Thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, ... be steadfast, immovable, always abounding in the work of the Lord.”
I Cor. 15: 57,58



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