

How A Habitual Lifestyle Develops



THINKING

Thoughts that bombard us from the **world** system, the **flesh** (our old sinful nature), and the **devil** (demonic influences)

- It 'builds up' the more we dwell on it
 - or- we can
- 'Bring it captive' (2 Cor. 10:4-5)
- Run it through the 'grid' of God's Word - replace it and channel it toward obedience
- "As a man thinks in his heart, so is he." (Prov 23:7)



FEELINGS start to influence and control us

ATTITUDES

(mind sets)

(STRONG HOLDS- fortresses of bondage resulting from warped philosophies, counsel of the ungodly, vain imaginations, human speculations and reasoning apart from Biblical truth and wisdom)

- Reinforced beliefs/ concepts about God, self, others, relationships, life...
- "Let this mind (attitude) be in you which was also in Christ Jesus..." (Phil. 2:1-13)



RESPONSES

We 'react' to trials

- How we respond shows the depth of our FAITH. We react to trials, testings, troubles, temptations... from our beliefs (right or wrong)
- Scripture says 'give thanks' (1 Thess. 5:18) "rejoice" (Phil. 4:4; Js. 1:2)
- Start looking for the 'good' (Rom. 8:28) and positive (Phil. 4:6-9)



ACTIONS

(Behaviors)

- We are now motivated to make choices to do or not do... whatever. We either obey or disobey God's Word. (Js. 1:22-25). However, "I can do all things through Christ who strengthens me" (Phil. 4:13)



EMOTIONS

(feelings)

anger, fear, depression, anxiety, guilt, insecurity...

-or-

love, joy, peace, contentment, happiness...

- Emotions are a result of this progression (all the above) and they are reinforced more and more negatively or positively
- Resulting in further choices (Gen. 4:1-12)
- We reap what we sow (Gal. 6:7-9)



HABITS

Repeated actions which are hard to break (good or bad)

- These patterns of thinking, living, feeling... automatically become a part of our lives. They can only be broken by **repenting** of sin, **renewing** and **refocusing** our minds, **replacing** what's wrong with what's right- "put on"/"put off" (Eph. 4:20-32), **redirecting** our energies through the Holy Spirit and **restructuring** one's life to maintain lasting change.



CHARACTER

A distinctive pattern of traits, and qualities that make up a person's reputation, identity and personality - WHO YOU ARE

- The kind of person you become over time is a result of making choices. When we value wisdom, and truth, and submit to God's will, we become Christlike.
- "As a man thinks in his heart so is he" Pr. 23:7
- "What holds the mind molds the life."



LIFESTYLE

Not only "who you are," but now... WHAT YOU DO. All the above reinforces 'a way of life' that you predominantly live out, for the rest of your life.

- Biblically speaking, our lifestyle must be God-centered
 - knowing, loving, worshiping, obeying, serving, proclaiming and glorifying God and loving others as Christ loved us! (Matt. 22:37-40; 6:33; 4:10; 28:18-20; Rom. 15:6; 1 Cor. 10:31; Phil. 3:7-10; Jn. 13:34)