

# 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)
- Every choice has **consequences**... short term and long term



## 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)