

DEVELOP GOOD HABITS

PRECEPT

JAMES 1:21-27

²¹ So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you. ²² Do not deceive yourselves by just listening to his word; instead, put it into practice. ²³ If you listen to the word, but do not put it into practice you are like people who look in a mirror and see themselves as they are. ²⁴ They take a good look at themselves and then go away and at once forget what they look like. ²⁵ But if you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, but put it into practice—you will be blessed by God in what you do...

PROMISE

The truth is, we all have habits. We have a system in our life that we do unconsciously. The question is: Is it a good habit? Is it healthy and positive? Having a goal is important but it will not give you success, it will only give you inspiration, motivation and excitement. If your goal is to become better than before, you need to see the bigger picture, the picture of your life in the future. Align your daily actions with your picture. Are the things you're doing right now helping you to get closer to your goals? If not, you have some work to do. Get rid of any daily routines that aren't helping to become better, replace them with good habits. Start taking action, and start replacing your filthy habits with good and wholesome habits for habits will take you to your success.

SPEND TIME WITH YOUR FAMILY. Memories are timeless treasures and priceless. No amount of money or success can replace the time you've spent with your family. Contrary to what other people say, spending time with your family will reduce long-term stress. Yes, it can be stressful in the moment but the long-term effects are amazing. Family bonding will boost your kids' confidence and self-esteem. It will build resilience, trust and strong relationships.

GO TO CHURCH REGULARLY. Luke 4:16 says, "Jesus went to Nazareth, where he had been raised. On the Sabbath, he went to the synagogue as he normally did and stood up to read." Jesus himself had a habit of going to church. Hebrews 10:25 tells us, "Let us not give up the habit of meeting together."

JOIN A LIFE GROUP. Proverbs 13:20 says, "Wise friends make you wise, but you hurt yourself by going around with fools." People you hang out with often shape the habits you have. The closer you are to someone, the more you have the same habits. Where can you find wise friends? In the right place; it's in life groups. A life group is surrounded by loving, caring, and wise people. Surround yourself with wise people, so you will be wise. In 1 Corinthians 15:33 tells us, "Don't fool yourselves. Bad friends will destroy you."

READ, MEDITATE AND STUDY THE BIBLE. Psalm 1:1-2 says, "God blesses those who refuse evil advice and won't follow sinners or join in sneering at God. Instead, they will find happiness in the teaching of the Lord, and they think about it day and night." God's word will help us grow. We cannot survive a Christian life without the word of God. Let us develop a habit of reading and meditating on the bible from cover to cover every year.

PRAYER AND FASTING. Daniel 6:10 tells us, "...Daniel knelt down, prayed, praised his God three times a day, just like he always did." Daniel developed a habit of praying and fasting in good and bad times.

GIVING TO GOD AND PEOPLE. Psalm 37:21 says, "A good person is generous and never stops giving." Develop a habit of giving and being generous.

SERVING OTHERS. 1 Corinthians 10:31 tells us, "Whatever you do, do it all for God's glory." Start a habit of serving others, in whatever capacity you can serve.

PRACTICE

1. Habits. What are habits you think you have right now that needs to be removed? What are good habits do you want to start this year?

2. Developing good habits. What are the things that are hindering you from starting/committing to developing a good habit? How can we encourage and pray for you regarding this?

PRAYER

I. Circles

- Pray for Manalo couple as they continue to lead our youth and young pros to God and His teachings.

II. North Life Groups

- Pray for these couples as they lead the North groups: Ocampo, Ico and Imperial.

III. South Life Group

- Pray for Drapeza couple as they lead the South group.

IV. East Life Groups

- Pray for these couples as they lead the East groups: Domingo and Torres.

V. West Life Groups

- Pray for these couples as they lead the West groups: Oliveros, Fabregas and Padilla.

VI. Church

- Pray for protection and unity for God's church.

VII. World

- Pray that God free our world from conflicts and bring unity to all nations.