

Intro and Practical Habits

Habits of Peace - Part 1

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thebayouchurch.org/host

Habit = A regularly repeated routine or behavior, often occurring subconsciously

Our lives are the sum of our habits.

Show me your habits and I'll show you your future.

Zig Ziglar: Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a **destiny.**

God has a destiny/dream/chazown for your life. It is greater than you can imagine. Your habits will either help you get there or keep you from ever arriving.

*"⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all He has done. ⁷Then you will experience God's **peace**, which exceeds anything we can understand. His **peace** will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 (NLT)*

Week 1 - Intro & Practical Habits

Week 2 - Relational Habits

Week 3 - Spiritual Habits

Screen management

"²⁵Look straight ahead, and fix your eyes on what lies before you. ²⁶Mark out a straight path for your feet; stay on the safe path." Proverbs 4:25-26 (NLT)

"²²Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. ²³But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!" Matthew 6:22-23 (NLT)

Where your eyes go, your life goes.

If you're not controlling your screens, they're already controlling you.

Screens when with people

Screens and driving

How many of you checked your phone during this sermon?

What do you do first in the morning?

WaitUntil8th.org

Adults, guard your eyes too.

Are there some practical habits you need to end or begin?

Helpful habit tips: Make the habit the goal, not some vague future desire.

- **Name when and where and how often you want the habit to happen. Be as specific as possible.**
- **Track your habits so you can see your progress.**
- **Start small and aim for consistency over perfection.**
- **Design your environment. Remove bad triggers and add good ones.**
- **Ask someone to do it with you or hold you accountable.**

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