

## THE POWER OF HABIT

*Power*

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Woodland Church

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*“All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer.”*

(Acts 2:42, NLT)

**Jesus began new habits that others said were bad habits.**

*“On another Sabbath day, a man with a deformed right hand was in the synagogue while Jesus was teaching. The teachers of religious law and the Pharisees watched Jesus closely. If he healed the man’s hand, they planned to accuse him of working on the Sabbath. ...Then Jesus said to his critics, “I have a question for you. Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?” ... At this, the enemies of Jesus were wild with rage and began to discuss what to do with him.” (Luke 6:6-7, 9,11, NLT)*

“God does not give us our habits, but He holds us responsible, in proportion, for the habits we form. For instance, God does not hold a child born in the slums responsible in the same degree for its habits as He does a child born in a Christian home. The fact remains, however, that we form our own habits. God gives us a new disposition, but He gives us nothing in the shape of character. We have to work out what God works in, and the way we work it out is by the mechanical process of habit.”

*Oswald Chambers*

**The early church had to learn new intentional habits.**

*“All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer.”*

(Acts 2:42, NLT)

1. Teaching
2. Fellowship
3. Breaking of bread
4. Prayer

*“The Jews, especially the Pharisees, do not eat until they have poured water over their cupped hands, as required by their ancient traditions.”* (Mark 7:3, NLT)

*“But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day. “There are six days of the week for working,” he said to the crowd. “Come on those days to be healed, not on the Sabbath.”*  
(Luke 13:14, NLT)

*“Many times I had them punished in the synagogues to get them to curse Jesus. I was so violently opposed to them that I even chased them down in foreign cities.”*  
(Acts 26:11, NLT)

### **Bad habits are broken by God’s grace.**

*“Many who became believers confessed their sinful practices. ... So the message about the Lord spread widely and had a powerful effect.”* (Acts 19:18, 20, NLT)

### **Good habits are powerful practices that are consistent and take you forward in life.**

*“Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with that old way of life has to go. It’s rotten through and through. Get rid of it! And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you.”*  
(Ephesians 4:22–24, Message)

*“Breaking a habit really means establishing a new habit, a new prepotent response. The old habit or pattern of responding is still there ... but it is less dominant.”*

*Timothy Pynchyl,*

<https://www.sciencealert.com/how-long-it-takes-to-break-a-habit-according-to-science>

### **Growthwork**

1. Ask yourself, “Is it time to implement some new habits of faith.”
2. Do I need a breakthrough?
3. Do I need to forget and forgive the past?
4. Don’t say impossible when Jesus said, “All things are possible with God.”  
Matthew 19:26
5. When God says “go” don’t say “no.”

*“Let us go on instead and become mature in our understanding.”*  
(Hebrews 6:1, NLT)

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