



Creatures of Habit

You're A New Creature (Daniel 6:1-10)

By Pastor David Hillis, 01 January 2017

BIG IDEA: Habits control much of your life, but you control your habits.

The Power of Habits (John 8:34; 2 Corinthians 5:17; 1 John 5:4-5)

- Habits are really powerful! Every month, every year that we practice them, they become more and more entrenched, making it easier to do those things and harder to do anything else.
- 40% of our actions every week are done based on habit. For almost half of our lives, we are at least partially functioning on autopilot! Habits are powerful, and because of that, they can be incredibly good or incredibly bad for us.
- There is no bad habit you cannot break, and no good habit you cannot start, if you really want it and put the right things in place to get there.
- When we choose to become followers of Christ, and we surrender our hearts and lives to Him, the Bible says we become new creatures. In the eyes of God, we are seen as a new creature, and have at our disposal the ability to make ourselves more and more into the "creature" that He wants us to be!
- When we are intentional about forming the habits in life that are best for us, as creatures of habit they become easier and easier to follow, each time we do them.
- Our habits will be the secret to our success as a new creature, or our downfall. Habits control much of our lives, we can't avoid it, but the good news is, we can control those habits, every one of them.
- If you are a follower of Jesus, you need to remind yourself that you are a new creature!

NEXT STEP:

What habit(s) do you want to add, or get rid of, this coming year? (write them on your creature)

- These creatures are yours to keep.
- Go home, find a prominent place to put your creature, where you will see it each day, to remind you that while you may be a creature of habit, you are choosing this year to change one of them!

FOR MY PERSONAL TIME WITH GOD THIS WEEK:

1. Read Daniel chapters 1-6 and get a picture for Daniel's life from his teenage to his older years. Where do you see he was a creature of habit? How did those habits impact his life?
2. Read 2 Corinthians 5 and see how Paul leads up to our theme verse in this series, verse 17. How does reading it in context help you to more richly understand why he said what he said in verse 17? What does it mean for you as a new creature (or potentially new creature) in Christ?
3. Consider signing up to read through the New Testament with us in January and February as part of your new year's resolutions! For more details, go to www.gracetucson.org/cbe.