The Power of a Habit

Mark 1:35-38 35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: “Everyone is looking for you!”

38 Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”

Colossians 3:12-14 12 Therefore, as God’s chosen people, holy and dearly loved, *clothe yourselves* with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues *put on* love, which binds them all together in perfect unity.

1 Timothy 4:7 Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Philippians 4:13 (KJ21)
13 I can do all things through Christ who strengthens me.

A habit is: 1. **:** clothing *a* **:** a costume characteristic of a calling, rank, or function <a nun's *habit*>

2. a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance .

What habits do you need to break?

_____,_____,_____

What habits do you need to put on?

_____,_____,_____

Notes