

Sequim Community Church
Honing our Habits
Acts 2:42-47 NIV
Rev. Rick Dietzman, August 20, 2023

What we repeatedly do shapes the people we become.

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer...They sold property and possessions to give to anyone who had need. Every day they continued to meet together.

Acts 2:42, 45-46

I. Identity based habits.

Every action you take is about the kind of person you are. Let the behavior lead the way.

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." Colossians 3:12 (NIV)

II. Simple steps to better habits. (Adapted from *Atomic Habits* by James Clear)

A. Find an obvious trigger or cue

- "After my current habit I will do this..." time and place is built in.
- Design a selective environment. We choose an option by what's available.
- Link an action you like to do with what you need to do.

Put healthy influences in your schedule and immediate surroundings.

What if I want to stop a bad habit?

1. Make it invisible – spend less time in tempting situations
2. Make it harder to do – increase the steps needed
3. Make it unattractive. Play the negative consequences

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Philippians 4:8

B. Find a shared identity

Join a culture where your desired behavior is the normal behavior and you already have something in common with the group.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." Ecclesiastes 4:9-10

C. Find a way to make it easy

- Set it up ahead of time
- Scale it to something that takes 2 minutes.
- Master the art of showing up.

"Do not despise these small beginnings, for the LORD rejoices to see the work begin ..." Zechariah 4:10

D. Find a reward

- Keep track of your progress.
- If you miss a beat, get right back to it

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 4:8