

## A Habit

A habit is defined as a recurring, often unconscious pattern of behavior that is acquired through frequent repetition.

I was listening to Reverend Charles Stanley this morning. He listed 7 Habits for a Godly Life. He indicated that a Godly life is no longer seeking satisfaction through a sinful lifestyle but surrendering to the Lord and his will for our life. Pastor Stanley listed these 7 Habits of a Godly Life:

1. Prayer: Make prayer a part of your life every day. You can't lead a Godly life without prayer to get through all the trials and temptations in this life. It should be a very important part of your life.
2. Trust or Faith: The Lord is established in his throne in Heaven. He is all knowing with divine power to rule over everything. Know that we can trust him with all the decisions in our life. The Bible tells us to not lean on to our own understanding but to trust in the Lord. Trust builds intimacy with the Lord.
3. The Habit of Meditation: Psalm 63:6-8 talks about listening and surrendering your will to the Lord. It is like looking into a mirror but seeing what he sees.
4. Obey the Lord: Deuteronomy 28:1 talks about how Moses obeyed the Lord and through him performed miracles in order to free his people from slavery. If you obey the Lord while not better than others but trying to live a higher standard than that of the World's standards.
5. Dependence on the Holy Spirit: Ephesians 5:18 states to surrender your life to the Holy Spirit. This verse talks about not getting drunk on wine but rather be filled with the Holy Spirit.
6. Giving to God and Others: One should be a cheerful giver if trying to live a Godly Life. Luke 6:38 talks about you can't out give God and you cannot even predict your future needs, but the Lord knows our needs.
7. The Habit of Forgiveness: Ephesians Chapter 4:26-27 and 4: 30-32 states to not let the sun go down on your anger. It mentions that we should be kind to one another. Our sins will not be forgiven if we do not forgive others. Many times, the hardest thing to forgive is to be betrayed by a trusted friend in which you least expect it. Sometimes forgiveness is not a one-time thing but an ongoing process.

Reverend Charles Stanley concludes the sermon by saying these habits are not easy to obtain and sustain but rather an ongoing process as habits to try to achieve.

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