



## POWER TO CHANGE – 3 of 6

### Holy Habits

January 21, 2024

<sup>5</sup>Finally these men said, “We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God.”

~Daniel 6:5 NIV

<sup>10</sup>Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

~Daniel 6:10 NIV

#### QUESTION #1: WHAT DO WE KNOW ABOUT REAL CHANGE?

REAL CHANGE ISN'T BEHAVIOR MODIFICATION, IT'S SPIRITUAL TRANSFORMATION.

#### QUESTION #2: WHY DO WE DO WHAT WE DO?

YOU DO WHAT YOU DO BECAUSE OF WHAT YOU THINK OF YOU.

#### QUESTION #3: WHAT'S ONE HABIT YOU NEED TO START BASED ON WHO YOU WANT TO BECOME?

MAKE IT OBVIOUS. MAKE IT EASY.

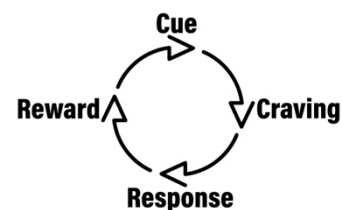
<sup>25</sup>Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching.

~Hebrews 10:25 BSB

#### HOW TO CREATE A NEW HABIT

##### 1. MAKE IT OBVIOUS.

If you want to change what you do, change your cues.



##### 2. MAKE IT EASY.

I will do \_\_\_\_\_ after I \_\_\_\_\_.

<sup>8</sup>“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 NLT

<sup>10</sup>“Do not despise these small beginnings, for the Lord rejoices to see the work begin, ...”

~Zechariah 4:10 NLT