

HABITS

Habit is an acquired mode of behavior that has become nearly or completely involuntary. They are things we do over time, consciously and unconsciously. Most times our habit does not need our permission to show up. Habit formation is the process by which new behaviors become automatic (this includes learning and unlearning a habit), It is believed that this could take up to 18- 254 days.

Habits on their own may not necessarily be sinful, but when it turns to a vice with the tendency to ruin a life and possibly send him to hell, then it should be checked. As Christians, we shouldn't wait till a habit becomes sinful before we do away with such.

Some of such habits include: procrastination, oversleeping, eating the wrong food and failing to exercise, anger, overspending, gossiping, excess sugar intake, among others. Habits formed, often results into character that shapes one's destiny and life style.

How to overcome bad habit

- † Realize you have a problem and be determined to stop.
- † Believe you can break free,
- † Identify the root cause for such habits and decide to work on them,
- † See the danger in continuing with such habits (Hebrews 12:1),
- † Set realistic goals to on how to keep away from such habits,
- † Pray sincerely for God's grace and help (Isaiah 1:18-19),

† Spend time reading the Bible, it sure does help. (Leviticus 6:12)

† As much as possible, do not create opportunities for manifestation of such old habits.

† Gradually replace the bad habit with a good one.

This may not be easy initially, but constant reminder and a conscious effort to adjust our mind to the positivism of the new habit, will go a long way to resist the temptation of falling back.

Speak to someone, be accountable to someone you can trust.

Continue to live each day at a time in the grace of our Lord Jesus Christ.

*NOTE: Determine to live right
Temptations will come, but determine to win.
It is easier to avoid temptation than to overcome it.*



For further information,

Contact:

Capsule Evangel

✉ obanimohdaniel@gmail.com

✉ graceobiyo@gmail.com

