# Habit

*Plutarch said, “Character is habit long continued.”*

Plutarch, the citer of this saying, is greatly to be praised for his wisdom in construction of such complex biographies which analyze great men. He has traveled far and acquired great knowledge; and as such, he is to be heeded.

This Chreia speaks of the plain fact that your disposition is simply a reconstruction of your former customs and routines. The habits you practice will mold your future character.

Plutarch states these words resolutely, firmly establishing that the habits of the young will become the character of the old. He said this perhaps in order to back up his later statement: “Courage consists not in hazarding without fear; but being resolutely minded in a just cause.”

He who does not listen to the wise words of Plutarch will likely find himself not carefully shaping his habits, and this will inevitably lead to an evil nature, for we see in Ephesians 2 that all men are by nature children of wrath.

Just as the builders of a house must lay a firm foundation in order to produce a solid house, so we must lay a firm foundation of habits in order to produce a solid character.

For example, the young thief, when his mother was brought near him, bit off her ear and blamed her for not establishing good habits in him at a young age.

Solomon states likewise when he says, in the 22nd chapter of Proverbs in verse 6: “Train up a child in the way he should go, even when he is old he will not depart from it.” The wisest man of the world himself agrees, and says even that we should shape these good habits as children, when they are still able to be molded.

After discussing this, we see we ought to heed Plutarch’s wisdom and once again acknowledge this great poet’s wisdom.