

## Small Changes – Big Difference

### 2. Building Holy Habits

**Much of what we do is the results of habits, not conscious choices.**

*What do I want to become?*

*What habits do I need to start to achieve what I want to become?*

*What system do I need to implement to create a habit that will make me what I want to become?*

**Daniel 6: 4-10 (NLT)** Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs, but they couldn't find anything to criticize or condemn. He was faithful, always responsible, and completely trustworthy. <sup>5</sup> So they concluded, "Our only chance of finding grounds for accusing Daniel will be in connection with the rules of his religion." <sup>6</sup> So the administrators and high officers went to the king and said, "Long live King Darius! <sup>7</sup> We are all in agreement—we administrators, officials, high officers, advisers, and governors—that the king should make a law that will be strictly enforced. Give orders that for the next thirty days any person who prays to anyone, divine or human—except to you, Your Majesty—will be thrown into the den of lions. <sup>8</sup> And now, Your Majesty, issue and sign this law so it cannot be changed, an official law of the Medes and Persians that cannot be revoked." <sup>9</sup> So King Darius signed the law. <sup>10</sup> But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

### **How do I develop a system to create a new habit?**

#### **Review from last week**

##### **1. Start small**

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

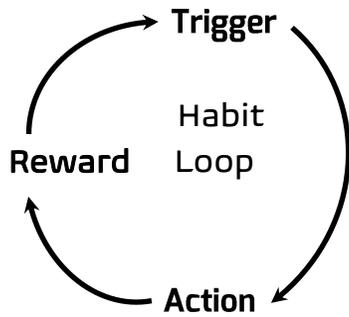
##### **2. Be Consistent**

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

##### **3. Seek Christ**

Luke 18: 27 (NIV) Jesus replied, "What is impossible with man is possible with God."

## Practical Implementation



Charles Duhigg

## Changing Our Triggers

1. **Make it standout.**
2. **Make it simple.**
3. **Make it suitable.**

Luke 16: 10 (GN) Whoever is faithful in small matters will be faithful in large ones....

**We don't lack motivation. We lack a proper system.**