CONSISTENCY VS HABITS

Remember the 'Why'; Control what you create

Why this matters: Consistency is not merely a personality trait; it reflects God's own character and a vital goal for every believer.

Objective:

2 Cor. 11:3: "Your thoughts will be led astray". Satan's strategy has always been to corrupt thinking – leading believers away from the truth of God's Word. This is consistent throughout Scripture.

Benefits of Consistency:

Ruth 2:1-23: Consistency in good qualities brings an excellent reputation.

Objective:

Guard against spiritual drift. Scripture warns that inconsistency opens the door to spiritual decline:

- 1 Samuel 15:24 – Fear of man led Saul into inconsistency.
- 1 Kings 11:4 – Wrong associations led Solomon's heart astray.
- Luke 8:13 – Shallow roots caused some to fall away.

What does the Bible teach about habits:

1. Be intentional in cultivating practices that lead to righteousness, spiritual growth, and a closer walk with God.
2. The danger of bad habits leads to sinful actions that become patterns you're stuck in.

Be encouraged to be intentional about the patterns we establish in our lives, to recognize that our habits shape our character and our relationship with God.

What is your 'Why'?

Why did you want to change this behavior in the first place? How did you anticipate that this change would impact your well-being and relationships?

Share a personal story (Limit time)

Change “Year of the Uncommon” Habitual behavior is the ultimate tool for achieving long-term consistency. When you manually force yourself to do it every day (consistently), the brain eventually automates the process. Once the behavior becomes automatic (habitual), maintaining that consistency requires significantly less willpower.

Control What You Create:

To ensure your current environment supports you in identifying potential roadblocks to maintaining new habits and patterns, have everything you need in place before initiating behavior change.

Do you require a support system?

- A Therapist?
- Alcohol and drug support groups?

Are you maybe requiring more tangible items:

- Finances.
- A gratitude journal.
- A behavior tracking App.
- A gym membership.
- A physical with your care doctor or medication.