



HOLY HABITS

TRANSFORMING OUR ACTIONS

We are transformed into
the likeness of Jesus by
the renewing of our
minds



1Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



ROMANS 12:1-2

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.



EPHESIANS 4:22-24

How our minds work to create habits



“The process - in which the brain converts a sequence of actions into an automatic routine - is known as “chunking,” and its at the root of how habits form.

There are dozens - if not hundreds - of behavioral chunks that we rely on every day.”



Charles Duhigg - The Power of Habit

“Habits, scientists say, emerge because the brain is constantly looking for ways to save effort. Left to its own devices, the brain will try to make almost any routine into a habit, because habits allow our minds to ramp down more often. This effort-saving instinct is a huge advantage.”



Charles Duhigg - The Power of Habit

“Without habit loops, our brains would shut down, overwhelmed by the minutiae of daily life. Did you pause this morning to decide whether to put on your left shoe or your right shoe first? Did you have trouble figuring out whether you should brush your teeth before or after you showered? Of course not. Those decisions are habitual, effortless.”

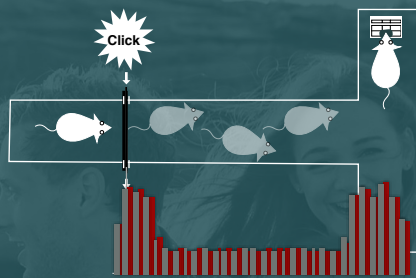


Charles Duhigg - The Power of Habit

“But conserving mental energy is tricky, because if our brains power down at the wrong moment, we might fail to notice something important. . . So our basal ganglia have devised a clever system to determine when to let habits take over. Its something that happens whenever a chunk of behavior starts or ends.”



Charles Duhigg - The Power of Habit



The spikes are the brains way of determining when to cede control to a habit, and which habit to use.



The Habit Loop





Cue

First there is a Cue or trigger that tells your brain to go into automatic mode and which habit to use.



Cue



Routine

Next comes a Routine, which can be physical, mental or emotional.





Last a Reward, which helps your brain figure out if this particular loop is worth remembering for the future.



“Claude Hopkins showed us how new habits can be cultivated and grown. So what exactly did Hopkins do? He created a craving. And that craving, it turns out, is what makes Cues and Rewards work. That craving is what powers the Habit loop.”

Charles Duhigg - The Power of Habit





Hopkins set a powerful Cue in motion and created a craving for that fresh mouth feel. The rewards could be felt.



Keystone Habits



“Some habits matter more than others in remaking businesses and lives. These are Keystone habits and they can influence how people work, eat, play, live, spend and communicate. Keystone habits start a process that over time transform everything. keystone habits rely on identifying a few key priorities and fashioning them into powerful levers.”



Charles Duhigg - The Power of Habit

“For many people exercise is a keystone habit that triggers widespread change. There is something about it that makes other good habits easier. Studies have documented that families who habitually eat dinner together, seem to raise children with better homework skills, higher grades, greater emotional control, and more confidence”



Charles Duhigg - The Power of Habit

“Making your bed every morning is correlated with better productivity, a greater sense well-being and stronger skills at sticking with a budget. Its not that family meals or a tidy bed causes better grades or less frivolous spending. But somehow those initial shifts start chain reactions that help other good habits take hold.”



Charles Duhigg - The Power of Habit

“If you focus on cultivating or changing Keystone habits, you can cause widespread shifts. Keystone habits offer what is known within academic literature as “small wins”. They help other habits to flourish by creating new structures, and they establish cultures where change becomes contagious.”



Charles Duhigg - The Power of Habit

Make Every Effort



3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.
4 Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

2 PETER 1:3-4



5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and

2 PETER 1:5-8



unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

2 PETER 1:8-9





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