



October 2, 2023

Have you ever heard the saying “It’s a hard habit to break”? If you’ve ever tried to stop doing something that has become a habit, you have firsthand experience with this. Bad habits are often hard to break, but thankfully good habits are too! Each new day, we get to decide what kind of habits we want to strengthen. We can make a habit of living God’s Word in our thoughts, words, and actions by making godly choices in the details of each day. When we do, God promises great blessings.

Psalm 1:1-3:

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

These verses show the blessings, fruitfulness, and prosperity that come when we choose to live according to God’s Word. And we don’t have to wait; we can start today! Let’s review a typical day to see examples of how we can choose to think, speak, or do the Word of God instead of the worldly alternatives.

IN THE MORNING

Lamentations 3:22,23:

It is of the Lord’s mercies that we are not consumed, because his compassions fail not.

They are new every morning: great is thy faithfulness.

Every morning when we wake up, we can think about how God has faithfully given us a brand-new day to experience His compassions and mercy. Starting our day with thoughts like these can certainly be in stark contrast to turning on the morning news or checking our phones for the latest headlines. Something positive we *can* use our phones for is reading short, uplifting Biblical articles or watching a Sunday Teaching Service. These are simple choices that help us build a habit of living the Word.

Psalm 5:3:

My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up.

What a wonderful heart this psalmist expresses! After we've had time to reflect on God's compassions and mercy, we can direct our voices to God in prayer. When we pray to our Father, we put our trust in Him. It's a much more successful way to start the day than worrying about stressful situations.

AT WORK

Colossians 3:23:

And whatsoever ye do, do it heartily, as to the Lord, and not unto men.

We choose to work with our whole heart, or all of our energy, instead of looking for ways to get out of work. We remember who we work for—not just our boss at our job but the Lord Christ.

IN OUR FREE TIME

Galatians 6:10:

As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

A great way to spend our free time is to find ways to bless others—first, the believers (such as those in our home fellowships), and second, anyone we might meet at the grocery store, gas station, dog park, library, etc. It's a real joy to look up and look outside of ourselves to see ways we can be helpful and “do good unto all *men*” rather than being so absorbed by our own thoughts that we hardly notice anyone else.

AT BEDTIME

Psalm 4:8:

*I will both lay me down in peace, and sleep: for thou, Lord, only
makest me dwell in safety.*

No matter how difficult our day, instead of dwelling on failures, stresses, or worries, we can lay our heads on the pillow and sleep peacefully knowing that God makes us to dwell in safety. Before bed we may even want to listen to positive, edifying, godly music like Way Productions. If you prefer to read at night, you could read stories of victory and deliverance—the ones straight from your Bible, or present-day stories of deliverance at God's Word Works.

Each new day is an opportunity to choose to live God's Word in our thoughts, words, and deeds. Rather than lining our choices up with worldly norms, we build good habits by making choices according to God's Word throughout the day. By doing so, we enjoy blessings, fruitfulness, and prosperity in our lives!

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