

"GREAT MEN HAVE GREAT HABITS"

Dan 6:10

I was speaking to Evert Valk: I get up early... I can't sleep in. I used to struggle to wake up in the morning (partly because stayed up so late!). I realized that I changed my habits/daily routine.

I. CHOOSING OUR DESTINATION

A. We make a mistake about destiny – that it just happens

1. Some people are born with innate abilities
2. Others just happened to be in the right place: Luck
3. Others have magical thinking: *It will happen somehow... no idea how*
 - a. These people are always disappointed: even get upset when they see others used/blessed
 2. Negative things come naturally/accidentally – good things are deliberate
 - a. *Jesus said from within comes evil things/negative things*
 - b. *Weeds! vs. garden*

B. Destinations have to be decided in advance: You choose what kind of future you want

1. You don't hop in the car and say we'll wind up somewhere/somehow: Hwy 69 to I-17...
 - a. *Deuteronomy 30:19 I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;*
 - b. *Galatians 6:7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.*
2. What kind of future do you want to have? Where do you want to be in 1 year? 5 years?
 - a. *Daniel 1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.*
 3. *Q: Are your current choices in line with your destination? Are they bringing you closer or farther away?*

II. THE POWER OF HABITS

A. Your habits reveal your future: Any action, conduct or behavior that you do over and over again.

1. Daniel 6:10 Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.

a. A well-known billionaire said, "I arrive at my office at 7:00 a.m. It is habit."

b. A best-selling novelist who has sold over one million books said, "I get up at the same time every morning. I start writing at 8:00 a.m. and I quit at 4:00 each afternoon. I do it every day. It is habit."

2. Luke 4:16 So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

a. Not if he felt like it... custom: Regular habit – something repeatedly done

B. Very common problem is temporary decisions

1. We decide we want to get fit/lose weight/be a man of God...

a. But we don't keep doing it... we drop off, get discouraged, then quit; We have to start again

2. The problem is we didn't do it long enough

a. Experts say that when you do a specific thing repeatedly for 21 consecutive days, it will become a lifetime habit for you.

3. We don't force ourselves to do things long enough until they become ingrained habits

a. 2 life-changing habits for me: Reading my Bible and getting up early to pray/study

III. THE BLESSING OF HABITS

A. Habits become known

1. Habits become known by other people

a. Some can be literally seen: People know you go to prayer/go to church...

1. Daniel 6:13 So they answered and said before the king, "That Daniel, who is one of the captives from Judah, does not show due regard for you, O king, or for the decree that you have signed, but makes his petition three times a day."

b. Some may be hidden – but others can see the effects: Studying/preaching, etc.

2. Our habits are known by God

a. Bible principle - God rewards secret decisions

1. Matthew 6:6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

b. God does more than we can do

1. Daniel: Thrown into the lion's den – and the lion's mouths were shut!

a. Would they have been shut if Daniel had not been making prayer a daily habit?

3. In every area of life – God's blessing becomes known