

Habits

The dictionary definition of habit is = an acquired pattern of behavior that has become almost involuntary as a result of frequent repetition.

In other words, a habit often takes place without our even thinking about what we are doing.

On Reprint page 3270 Bro. Russell quotes a noted writer:

"My reader, beware of habit! Habit is the most significant word to be found in the English vocabulary. Get an artist to paint it in letters of fire and hang it on the walls of your chamber, where your eye shall catch its message when you retire and where it may greet you again with the rising sun. Gaze upon it until it is deeply cut into the sanctuary of your inner being. Habit is to be your curse or benediction; it is either to conquer you or enable you to conquer. Today you are either girding your soul with fetters of sorrow or building a chariot that will conduct you to paradise. Good habits are as potent for emancipation as vile ones are for slavery and anguish. One may resolutely form habits of purity, honesty, fidelity, till he breathes the air of divinity as his native air;--as he eventually becomes expert and master in melody, by years of relentless practice."

On Reprint 3674 Bro. Russell tells us to "Remember that our characters are manifested by our habits of life; and each act, even the smallest, tends to form some new habit, or to confirm one already established."

"Our characters are manifested by our habits of life!"

It reminds us of the maxim "Sow a thought, reap an action, sow an action reap a habit, sow a habit, reap a character, sow a character, reap a destiny."

Yes, Habits truly are powerful factors in our lives. they constantly are reflecting our character, for the better or worse.

Thus we can see the importance of gradually developing more and more positive habits based on the principals of God, together with ridding ourselves of the negative habits we've acquired from our fallen flesh, and the influence of the world around us.

I think we have all found that changing habits is not easy.

If we want to break deeply imbedded negative habits such as procrastination, impatience, criticalness, smoking, overeating, tardiness, selfishness or what have you, it takes a tremendous amount of effort.

Similarly to form a new habit that is contrary to the fallen flesh's natural tendencies is not easy.

Having sufficient determination to recognize a need for change is difficult enough to admit to ourselves, but that which is even harder is to have sufficient motivation to follow through to do it.

To break or form new habits is sometimes a painful process. It's a change that has to be motivated by a higher purpose. By the willingness to suppress what we think we want now for what we want later.

This principal is one that governs many aspects of our lives.

As children we obey our parents and do something we would rather not, why? Because we want their love and approval later.

In school we do our homework when we would rather be playing ball, because we want a good grade later.

In college we buckle down and study hard when we would rather be doing more pleasurable things, why? Because if we would not we would not have the favorable job we want later.

The same principal is involved when we want to break or make a new habit. It must be motivated by a higher purpose. We must decide if we are willing to forgo the pleasure we may derive from our present course of action, as compared for something, often much better, but will not come till later.

It's the same principal that is involved when we make a consecration. We forego or suppress the natural desirable things of the flesh, that later we may have the inner joy and blessing of knowing we are doing that which is pleasing to our heavenly father, and if faithful will continue throughout all eternity.

Only we can change our habits. It must be our decision! No other individual can persuade us to change by either argument, logic or pleading, if we ourselves are not willing to put forth the effort.

Our Lord created us with a marvelous faculty of being free moral agents. No one in the universe can change our mind but we ourselves.

Change however is difficult. Our minds don't like to change. Our flesh likes to continue in the things it's always done. It's comfortable, somewhat like wearing an old pair of shoes.

When the New Creature suggests a change for the better, our flesh immediately goes on the defensive coming up with all kinds of rationalizations to suggest differently.

One of which is even supported by some of the world's educated circles.

Which is, that we basically are what we are, because of what we have inherited from our parents, and the upbringing we had as a child. This in turn shapes our characters and personality which basically then governs our entire life.

The limits and potential for our lives are thus more or less fixed and there isn't much we could do about it anyway even if we wanted to, so don't be too concerned about trying to change!

Sounds at first fairly logical, except for one thing. It's absolutely not true. It's 100% diametrically opposite to the principals of the scriptures and the high calling in particular.

This is the very essence of free moral agency and the fact that God has implanted a conscience in every human being. Every man and woman has the power to choose between right and wrong and to choose their own path in life.

Even as God tells us in:

Deut 30:19

19 I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:

This brings to mind a story I read about a man named Victor Frankl. He was a Jewish teacher in the Nazi death camps. He parents, brother and wife all died in the camps and were sent to the gas ovens. He was tortured beyond measure and never knew whether the next moment would lead to the ovens.

He initially had the view that we previously described that your character was determined by heredity and your upbringing as a child. Until one day alone and naked in a small room he realized he had a freedom the Nazi's could not take away.

They could control his environment, they could do what they wanted to his body, but they could not control his mind. He and he alone could decide within himself how all of this was going to affect him.

That between the provocation that happened to him, and his response to it, was his freedom to choose how he would respond.

In the midst of the most tortuous degrading circumstances he discovered a fundamental principal about man that gave him an inner freedom that far surpassed his captors. That between the provocation that happens to you and your response, you have the freedom to choose how you will respond.

It's a heart rending but true uplifting story with a profound lesson for us all.

That each of us between the provocation that happens to us and the time we respond, have the freedom to choose, how we will respond.

It is the God given freedom of conscience and an independent will that enables each of us to arise above any negative influence we may have received from our parents or upbringing.

Our behavior, our characters are a function of our minds, our decisions, not on heredity, or outward conditions or circumstances.

We are what we are today because of the choices we made yesterday and throughout our lives.

We may at times be inclined to blame outward circumstances for our poor attitude or conduct. The weathers bad, my boss is so overbearing, my wife's not very understanding, my children are unruly.

But in reality we realize It's not what happens to us, but how we choose to respond to what happens to us that can hurt us.

This doesn't mean that outward circumstances have no effect on us. No, things can hurt us physically, economically or emotionally and cause pain and sorrow. But our basic character does not have to be hurt at all. In fact we find often that our most difficult experiences have a way of drawing us closer to the Lord as bit by bit they crystallize our characters. As Rom. 5:3-4 brings out.

Rom 5:3-4 (KJV)

3 ...we glory in tribulations, knowing that tribulation worketh patience;

4 And patience, experience; and experience, hope:

Thus one of the first aspects of developing proper habits is to recognize as free moral agents we have a choice. You can change. You and only you can make the decision of how you will choose to respond to the many vicissitudes of life.

The habits we have are because we chose to have them. They can be changed or altered but only with your permission. No one else can decide for you.

Thus having first established that each of us has the freedom of choice to choose our habits, we would now like to consider the responsibility each of us has to follow thru and decide what decisions to make.

Of late I've read from time to time various corporations having a mission statement. A brief synopsis of what the company stands for, their goal their objective they wish to accomplish, their reason for being.

We have something similar in the truth movement we call it Our Morning Resolve and a Vow unto the lord that we read at our conventions.

As we thought of these we realized it would be helpful if we wrote our own personal Resolve of how we want to live our life.

Where we would write our own personal goals in life. What you desire to accomplish in your self. The type of father or mother you want to be. The husband or wife you want to be. The friend or brother you want to be. The character you want to develop. How you would like to be remembered by those left behind when your life is over.

In other words it would be somewhat like the constitution or bylaws you want to live by. Your expression of what is really most important to you. That which reflects what the priorities that you value and want to achieve. Think of it as the goal your striving to attain in your life.

They should be your goals not someone else's. For we realize each of us are unique individuals each having different backgrounds and abilities and different goals of what we hope to attain.

Writing such a statement could help us to reflect on priorities and what is really important in life, what we really want to be and to do. It in turn could help us to develop habits to bring our behavior in line with our beliefs and desires.

We could keep it on our desk where from time to time we can reflect upon it, and strive to conform to it's principals.

A side light that may occur in this process when we are reflecting on your own "Resolves," is we may discover deeply rooted habits that are out of harmony with the things we really value in life. If so, we can strive to change some and create new ones that are more in harmony with your deepest desires.

You may also want to make a family "Resolve" statement that you, your spouse and children all work on together. Having your children take part in the composing of it could have a profound effect on their striving to conduct themselves in harmony with it.

Having envisioned in principal our Life's Goals, how do we fulfill them

One aspect to bear in mind is developing the habit of putting “first things first.” That is to always bear in mind the priorities of what is most important in life to us.

Earlier we spoke of how at times it’s hard to break or form new habits. It’s a change that has to be motivated by higher principals.

When our natural tendency wants to take the easier path we must develop a strong will power to suppress it, and to base our decision on our principals rather than our impulse or desire at any given moment.

Only we can take control of our actions. Prov. 25:28 reminds us:

Prov 25:28

28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.
(KJV)

Again in Prov. 16:32

Prov 16:32

32 ...he that ruleth his spirit is better than he that taketh a city.
(KJV)

Each of us must decide what are our highest priorities, and have the courage, pleasantly, smilingly, nonapologetically, to say “no” to other things. And the way to do that is too have a higher motive burning inside based on our principals.

One of the great distracting influences of our day perhaps more so than in any other time is our societies pleasure orientation. Innocent pleasures in moderation can provide relaxation for the body and mind and can benefit family relationships.

But pleasure, per se, we realize offers no deep, lasting satisfaction or sense of fulfillment. Too many vacations, too many movies, too much TV, too much video game playing, too much undisciplined leisure time in which a person takes the path of least resistance is not only a great waste of time but is gradually taking this society on a downward path.

How careful we must be that we are not affected as well.

What of itself in moderation may be good, is often an enemy of what is best for the New Creature!

Developing positive helpful habits we realize is a matter of self control.

2 Pet 1:4-6 (NAS) tells us

4 He has granted to us His precious and magnificent promises, in order that by them you might become partakers of the divine nature, having escaped the corruption that is in the world by lust.

5 Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge;

6 and in your knowledge, self-control.

Thus we must apply all diligence to achieve moral excellence, and knowledge of God's principals. And as we gradually grow in knowledge our ability to exercise self control should proportionately be increasing.

WE would like to spend some time in considering some possible habits that we might want to make as part of the Resolves we want to live by.

Some time ago I read what someone mentioned was Bro. Russell's first Morning Resolve. One phrase struck me. In essence it said, I will cultivate the habit of Holy silence.

It's a beautiful thought. You know we live in a age when there is relatively little time for silence. In our fast paced world there's hardly a time when there isn't something going on.

In fact unless we form a habit of setting aside a certain portion of time for holy silence it may rarely happen.

Is it important? I think it's very important. If we allow ourselves to be in a constant state of activity or mental thought on work or even biblical study, we miss out on the need of personal introspection, meditation, and prolonged prayer.

May we suggest you form a daily habit of Holy Silence. Get up earlier in the morning, or stay up later at night, or perhaps at lunch. When you get in the car the first thing in the morning to drive to work don't have the radio on, turn it off so you can spend that time in holy silence, think, reflect, pray, meditate. Coming home after work in the car do the same, shut the radio off and reflect on the days activities and how you handled them. Our age with radios and Television can so easily infringe on taking the time to have a period of holy silence.

I do believe the more time we can spend in Holy Silence, the stronger we will be spiritually. It matters not when or where just so we can close our mind off from outside influences.

Do you think it's a good idea? It will only happen if you choose to do it! And then follow through with consistency until it becomes a blessed habit.

Another related habit that would be good to develop if we are not already doing so, is to practice literally the first phrase of "My Morning Resolve." That is at the very first moment of awakening in the morning to start the day with the words, My earliest thought I desire shall be, what shall I render unto the Lord (this day) for all his benefits toward me. Then pause and reflect for a few moments while still in bed as to what day it is, and the plans you have for that day, followed by a brief prayer for the Lord's grace and strength to be with you through the day. Try it! You'll find there's no better way to begin the day than to reflect on our precious relationship with the Lord, and communion with him.

The next habit is one that I notice most of the sisters already practice but relatively few of the brothers. Which is to choose never and I mean literally never, to leave your home without a booklet or tract on your person. I don't mean just in the car, but in your shirt pocket for the brothers and pocket or purse for the sisters.

Why is it a good habit? How many times have you found yourself in a situation that you wished you had a booklet to give but you had none?

We are God's Ambassadors in the earth! Having a booklet right with you at all times becomes a constant reminder of our privilege and responsibility to be ready at any moments notice to share a ray of hope with.

Having it with you always prompts you in turn to use it. Whether leaving it on the restaurant table, store counter, dentist or doctors office lobby, or in to some one in person.

You don't have to get into any long dissertation, just a few words to the mail man, to the delivery man, to your fellow worker, to the meter reader, to the store clerk, to the waitress, to practically anyone you come in contact with, you reach into your pocket and hand it to them with just a few words. Here's something you may enjoy reading.

How can you make it become a habit? Relatively easy. First you have to choose to want to. Second, for the brothers, when you come home at the end of the day you all have some place where you empty your pockets of your wallet change comb etc.

For the sisters I'm sure you have some place where you set your purse each night as well. Now all you have to do is set a small stack of booklets or tracts next to where you usually place your wallets or purse. The next time you leave the house just slip a booklet into your shirt pocket or purse. I guarantee that once you have taken those steps you will end up distributing many hope filled messages of truth, and you will be glad you did.

Now we've made some provisions to help you get started to cultivate this as a habit. At the front door there are boxes of God's Kingdom booklets wrapped with rubber bands in packets of 25. We invite you to take a bundle, all we ask is that you will at least try to remember to take a booklet with you every time you leave the house.

For the first week or so you may not be 100% successful, but as you keep at it, it soon will become an automatic habit. So much so that if on some occasion you left hurriedly and forgot to take your booklet for what ever reason, you will feel somewhat uncomfortable.

Study Habits!

Often times study preparation consists of reading perhaps two or three volume pages or the reprint article and the various scriptures that may be cited. This is good for it helps us to grasp what the study material is about.

But we would like to suggest an additional aspect that may help to make your study preparation more interesting, challenging and profitable. Try to form a habit where you program yourself to have to study, not only the basic study material and scriptures, but you go further, until you have learned something that goes beyond the basic paragraphs of that days study. Perhaps something that you may not have known before.

It could consist of looking up other parallel scriptures, or looking up other translations, or using Strongs Concordance looking up the Hebrew or Greek meanings of one or more of the key words of a scripture. It could be looking up other thoughts of Bro. Russell to see if he may have had a later thought. It could be looking up some historical data that bears on the subject. It could be searching the Harvest Truth Data Base, or Bible Students Library on your computer for additional information.

Once having found the information jot it done so you could share it with the brethren. We would suggest making a loose-leaf notebook with a one or more pages for every page of

the volume you are studying. This will keep your notes organized and you could then add notes of other good points brought up in the study.

We know we won't always have the time search and do all of these things, but if we endeavor to make a habit to find at least something beyond the basic study paragraphs, and then share it with the brethren in the study, it will make the study participation more active, interesting, and be a greater blessing.

The next habit we want to discuss is really difficult to change. It's a habit that's ingrained in most of us. We have a tendency to eat lunch every Sunday with the same ones at the same table. Not that there's anything wrong with this in itself, we do this because we're creatures of habit, we feel comfortable eating with those we've known and loved for many years.

This happens even on our large three day conventions. We may have 300 out of town visiting brethren, but where do we often end up sitting? Often next to those in our own class. But you know I can understand why, - they are loveable.

However may we suggest that on occasion, we try to vary our natural inclinations and eat with some other brethren that we don't normally eat with.

The reason is rather obvious. It would be good to get to know other of our brethren more closely. Our fellowshiping helps us to get to know them better as New Creatures, to know of their trials, their victories, their needs, and they in turn get to know ours. It brings about a greater oneness of the body.

However let me tell you it won't be easy. There's been many a time we put our lunch on a different table to try to fellowship with others, only to find our lunch moved to some other table.

Now we would like to consider a delightful habit that we all enjoy. It's a habit that is absolutely an essential part of our life. It's a habit we don't often if ever, talk about off the speakers platform. It's a habit that can bless us, or hurt us. The habit perhaps you've guessed, is our eating habits.

I would like to read a comment of Bro. Russell's from reprint 2355.

"The Christian should be temperate in his food--his eating, as well as his drinking. As he has consecrated himself and all that he has to the Lord, is it not, therefore, a part of his bound duty to obtain from life the largest possible yield to the Lord's glory? Must he not, therefore, consider what and how much he shall eat, to the intent that he may render to the Lord his largest, his best, service?"

This will mean self-denial, self-control, for the appetite of food, as well as the appetite of drink, is considerably depraved in all. True, gluttony will not rob one of his senses, and make him crazy, as will spiritous liquors, yet overeating does frequently, to a considerable extent, sap the energies of the mind, or by over-stimulation weakens them. Thus many are weak and sickly through self-gratification in the matter of food as well as drink.

Temperance, self-control, is the command of the Lord to all such;--not that it will benefit the Lord, but that thus we may build up proper characters,--loyal to that which is right, good, reasonable, proper."

Before I had my heart problem I never paid any attention to food labels, but we did try in a general way to eat healthily. However by hind sight because of our work schedule with limited time, I realize I ate a fair amount of fast foods. Hamburgers, hot dogs and ice cream.

During cardiac rehap classes I found that we Americans eat far far too much fat. They gave us a formula to calculate what was the proper amount of fat to eat for a person based various factors such as their weight, height, etc.

Mine came out to be not to exceed 26 grams of fat a day. They then gave us charts to show the fat content of various foods which was overwhelming.

Having worked for McDonalds and knowing of there cleanliness I didn't think much of having a ¼ pounder with fries from time to time. Now notice one of the comparisons they brought out. The amount of fat in 3 oz. of broiled skinless chicken breast would fill a ½" round 4" high test tube about ½ full, or about a 2" high column.

The amount of fat in 3 oz. of fish was about ¼ that of chicken or about a ½" of fat in the ½" round test tube.

But now notice the amount of fat in a McDonald's ¼ lb. hamburger (the hamburger alone with no fries or milk shake) it had 4 - 4" high test tubes full of fat, or 16" versus 2" for chicken breast, and ½" for fish.

Add to this a small order of fries and you get ??? A chocolate milk shake you get ??? Needless to say after these nutrition classes, our diet changed radically. We started reading fat content on food labels, and avoided those with high fat content. As a result . many of the things we really enjoyed we now do without. Our blood chemistry has improved considerably and our energy level has increased.

An incidental side effect that took place without really trying was I lost 16 lbs.

What am I trying to say? That we should all become food fanatics? No far from it. Just become aware of your responsibility to read food labels and eat what would be healthy for you, rather than just eating those things you like.

We must be aware that our bodies are the Temple of the Holy Spirit through which we are to carry out our consecrations with as much vitality, strength and efficiency as possible. For the consecrated It is not a matter of choice to just eat what you like and as much as you choose.

Our consecrations were to do the Lord's will. Therefore I don't believe it is the Lord's will for us to choose to eat those things that scientific research has determined are not what is best to keep our bodies functioning at peak performance. When it has been determined that certain foods are more detrimental than others, then I believe it is part of our responsibility as the Lord's people to avoid them as much as possible, as long as the healthy foods are available.

Notice the many scriptures that bear on this subject.

1 Cor 6:19-20 (KJV)

19 Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

We are not our own to do with our bodies what we please, but are to do what the Lord would want us to do.

1 Cor 10:31 (KJV)

31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Our eating and drinking are not to be based on just what we enjoy, and in what ever quantity we desire. This scripture is telling us that it must be what is best to bring greater glory to God. How? By only eating and drinking that which will keep our bodies functioning at the highest level possible, to thus be the most efficient servants we can be, to glorify God.

Prov 23:1-3 (KJV)

1 When thou sittest to eat with a ruler, consider diligently what is before thee:

2 And put a knife to thy throat, if thou be a man given to appetite.

3 Be not desirous of his dainties: for they are deceitful meat.

The language here is exaggerated to make a point. If we have a propensity for eating at times more than we should, we and only we can choose when to stop. Remember this phrase the next time your prone to over indulge. "Put a knife to thy throat, if thou be a man or woman given to appetite.

We recall the words of Paul:

1 Cor 9:27 (NAS)

27 I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

Paul disciplined his body to abide by the New Creatures desires not his own likes and dislikes.

This leads us to the habit of developing discipline overall. You recall the story about how Bro. Russell loved peanuts. And in order to develop discipline for himself he always carried in one pocket peanuts, so that he would determine he would not eat them.

This is the type of discipline we need to develop in every aspect of our lives. When we know a certain food is not the best for us, or the quantity is not the best it is a part of Christian character building to tell our flesh NO, I will not indulge. My consecration involves every aspect of my life including keeping my body as healthy as I can that I might thereby serve the Lord more effectively.

Anything less I believe the Lord will consider coming short of the vows we made to do the Lord's will.

The next habit we would like to consider is being a good listener.

I think we'll all agree that we do not always listen with the deepest intent of understanding, but rather we often listen with the intent of how we are going to reply.

For instance, sometimes when we are having a doctrinal discussion where there is a difference of opinion, and while the other person is expressing their thought, our minds are thinking ahead about how we will respond. As a result rarely does either one thoroughly understand the other persons viewpoint.

How much better it would be to truly listen with the intent of understanding the other persons point of view, so much so, that we literally repeat it ourselves back to them, to be sure we understand their view correctly. Not until we're sure we comprehend their view point, should we can begin to think about our own logic and how we will respond.

Could you imagine how much greater understanding and appreciation would take place if all discussions were carried out in this way.

The habit of being a good listener is especially helpful when we go to visit someone in the hospital, or talk to someone who is going through a difficult trial, that we want to encourage.

After they begin to tell us of their illness or trial, we could be inclined to say, "Oh I know exactly how you feel! I went trough the very same thing. Let me tell you about it." And we go on to talk about our experience.

If that's what they really want to know it would be fine. However that may not be their greatest need at the moment.

One of the greatest needs we all have as human beings, is the need to feel loved, appreciated, understood. This is especially true when one is going through a hard experience.

Thus when we're talking to someone going through a difficult trial we need to be a good listener. We need to put ourselves in the other persons shoes as it were, to look at the world as they are experiencing it, to empathize with them, to feel what they are feeling.

They need to know that we understand, that we care, that we love them. In other words just being a good understanding sympathetic listener can lift the spirits and bless.

The same principal applies with our children. If we're having difficulty in communicating with our children, trying to get them to talk to us, may be do in part because how we listen, or we might say, fail to listen.

Often times we may tend to judge a situation, perhaps issuing strong reprimands, before we really give them a chance to express their side of the story. To listen to the reasons why, to hear what was underlying causes, to try to understand how they feel.

Developing the habit of striving to never judge any thing or anyone until we listen sufficiently to understand, is a scriptural principal.

Prov 18:13 (KJV)

13 He that answereth a matter before he heareth it, it is folly and shame unto him.

I think we have all found for ourselves that we will never open up to another to express our deepest feelings, troubles or short comings, unless we've experienced their innermost desire to want to help us, to love us, to empathize with us, to understand us.

The same is true for our children. If we repeatedly give solutions or reprimands before we really try to understand the root of the problem, it will ultimately lead to a holding back of expressing their inner most feelings. A clamming up as it were.

This very same condition is what often occurs between husbands and wives, and for the same reason. One or the other stops communicating because they feel there just isn't any desire on the others part to want to listen, to truly understand how they feel, or to want to know the underlying reasons in back of a situation.

Thus developing the habit of being a good listener, of truly trying to understand, of being a sympathetic ear as it were, will help us in our relationships with our children, our spouses, our brethren, and really all with whom we have to do.

The final habit we would like to consider, is the development of the habit of serving or blessing the lives of others. Very few endeavors in life will result in greater happiness and feeling of fulfillment than in making contributions of meaningful projects that contribute to and bless the lives of others.

I read a quote once of George Bernard Shaw that I appreciated greatly.

“This is the true joy in life—that being used for a purpose recognized by yourself as a mighty one...I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. **I want to be thoroughly used up when I die.** For the harder I work the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It’s a sort of splendid torch which I’ve got to hold up for the moment and I want to make it burn as brightly as possible before handing it on to future generations.”

Words of noble human being.

How much more should we echo similar thoughts only motivated from the spiritual perspective.

In the words of the Apostle Paul, May it be true of us. “This one thing I do!”

Ending

In conclusion, I’d like to ask you to think of something for a few moments, that you will just keep to yourself. “What one thing could you do (that you aren’t doing now) that if you did it on a regular basis, would make a tremendous positive difference in your personal life.”

We’ll pause for a bit to give ourselves time to think.

“What one thing could I do (that I’m not doing now) that if I did it on a regular basis, would make a tremendous positive difference in My personal life.”

Pause!

Might I suggest that you pray for the Lord’s strength to have the courage and determination **to just do it! For only you, can so choose, no one else.**