

The Devil of Repetition

Some habits are good habits. And then, there are the bad ones. We all respond to life, situations and people a certain way. It's our earthly instinct. Not ways that were download in us from Heaven. But, these are repetitions that have become a part of us. They are heart responses, or the evidence of what is in us. For example, when I was in the world, if something scared me, I would swear and draw back my fist. Because that's what was in me. But, nowadays, if something startles me, I respond by screaming, "Jesus!" Because I am saturated in His love and I make sure I am studying the Word, at minimum, twice a day.

Bad habits are yokes that bind the sin to the sinner. Even though, we, as believers, have been set free by the Blood of the LAMB, all too often, you'll find people that are still bound because they did not submit their whole heart to God. In there, still lies repetitious behaviors. In there, still lives dark places of comfort where the believer has learned to feel his/her way around. And even though they stumble over the same things over and over again, they are comfortable in their dark places and will justify living there until the devil goes up on their rent.

A habit takes 17-21 days to start, but it takes only one day to make up your mind that this isn't going to be a part of your life anymore. Your life is your city, what you allow to live in it bares witness to your faith (or lack thereof), your intentions and who you serve.

But, you say that you want to be rid of a particular habit. You want the yoke removed, the burden lifted and freedom to roll out it's carpet. Breaking news. It can be done. But, first you must make up your mind that you don't just want to change, but that you will change. There is a difference between someone who wants to change and someone who has made up their mind to change, just as there is a difference between your blessing being on the way and the arrival of that blessing. Someone can hoot and holler all day that God is making a way for them, but they never arrive at this blessed place. Why? Their words reflected a heart that believed God had made a way somehow and somewhere, but because their eyes did not see what they were awaiting, they spoke of it as an action in progress. So, they didn't believe for manifestation, they believed the vehicle carrying that blessing had been sent out, but they didn't have faith for it's arrival. They just had hope. God simply speaks a Word and it is done. And what HE speaks is, but we may not see manifestation immediately because we have to connect our bridge of faith with His Word before miracle manifestations can cross over to us. When God spoke it, it was done, you simply needed to reach up with your hands of faith to receive. But, because you didn't see the blessing, you pushed it far away, put wheels on it and boasted that it was on the way. It's always 'on the way.'

To remove a bad habit or to start a good one, you must saturate your mind with what God said in relation to what you are calling into your life or sending out of your life. How can you call the habit bad if you don't know what is wrong or right? And we are a people conditioned to need to know more

than what is wrong, often times, we need to know why it's wrong. Someone can tell you that pizza is bad for you every day of your life, but if he isn't knowledgeable in relation to what is bad in the pizza and what it does to your body, you're probably not going to listen to him. That's why preaching, for example, that fornication is wrong is mostly ineffective. The fornicator needs to know why it's wrong. What happens to me in fornication? What are the consequences? In other words, the fornicator needs more than a preacher. He or she needs a teacher. And for you, you must understand what is wrong and how it is affecting your life and infecting the lives of others before you can make a consciously unmovable decision to change.

A lot of people complain that they aren't reading their bibles as much as they want to. They aren't praying like they should be praying. They aren't parenting as the Word has instructed them to parent. The solution is simple. Bring the flesh into submission! The flesh is usually the culprit behind your bad habits. Satan doesn't have to bind us, he simply entices our lusts and lets us bind ourselves with the ropes of iniquity. We constantly whimper that we are under attack, but the truth is, often times, we were simply awoken from our own self induced fantasies and in our conscious states, we find ourselves entangled in the sins that we have woven into our lives. Sometimes, what we believe to be an attack is simply the Lord turning on the light in our hearts and we don't like what we see.

How does one break bad habits and yokes and start new ones?

1. Pray about it. God is listening.
2. Make a list of the ways you are getting rid of and make a separate list of what you will be incorporating into your life.
3. Implement a punishment for failure and a reward for success. For example, let's say, you want to stop lying, but it's been a struggle for you. Every time you lie, take \$50 from your salary and give to the less fortunate. This will not only take away from your spending money, but it'll teach you the joy of being a blessing. And when you find this doesn't sting anymore, implement a new punishment, but keep on giving to the less fortunate.
4. Schedule a time of day that you will be implementing each particular habit that you want to start. That way it becomes part of your daily routine. For example, right after your morning shower and right before breakfast, you can take 5-10 minutes out to read the bible. After a while of doing this, if you forget, you'll feel it because your heart will tell you that it did not repeat itself today.
5. Disassociate from people that keep you bound. Let's say you want to stop gossiping, but Marian keeps calling you to talk about this and that person. Simply tell Marian that you have decided to submit your tongue to God and therefore, you won't be speaking of anyone unless it's to pray for them or speak well of them. And you've submitted your ears, therefore, you can't allow any gossip to come into them. Now, Marian is going to be upset and more than likely disassociate herself from you first, but that's okay. The bible does read, "Submit yourself to God and resist the devil and he will flee from you." Marian is just shining proof.
6. Chart your progress. When you see that you are changing for the better, it'll encourage you to

want to go further.

7. Throw away the things that bind you. For example, if you want to stop swearing, throw away any and all music that has profanity in it and stop watching movies, shows and everything that houses profanity.

A change has to occur in your mind, before it takes place in your life.