

Romans 12:2 | NLT Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

- ✓ The Bible teaches us that the way that we change is by an inward transformation and that happens as we change the way that we think.

How does this transformation from the inside out begin?

The process is called renewing your mind. How do you renew your mind?

It is a process of taking out and putting in. (Housecleaning and refurbishing)

2 Corinthians 10:3-5 | KJV (3) For though we walk in the flesh, we do not war after the flesh: (4) (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of **strong holds**;) (5) Casting down **imagination**s, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every **thought** to the obedience of Christ;

Three Levels of Mental Activity:

- 1. Thoughts**
- 2. Imaginations**
- 3. Strongholds**

We are created by God with the ability to create habit patterns to make us more efficient so that eventually you can do things without having to consciously think about them.

Example – when we were young, we had to remind ourselves or someone else remind us to go and brush our teeth in the morning. Hopefully as we have gotten older, that is not still the case.

It literally can become an enemy fortification if Satan becomes involved.

What is a stronghold? In the Greek, it is defined as a fortification such as a high-walled city or castle but this word can also be translated a prison with high walls and fortifications.

We are talking about patterns of behavior that have been built in our lives, mostly over long periods of time that started with thoughts and have been established as strongholds or habits.

- ✓ **Habit** – a pattern of behavior that we do enough until it has become almost involuntary.

There are habits that we can build in our lives and some we can even overcome just through discipline. But there are others that are going to take more than just discipline; they are going to require supernatural weapons.

Breaking Bad Habits

2 Corinthians 10:4 | NKJV (4) For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds (bad habits),

Isaiah 10:27 | KJV And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

You can gain victory over the bad strongholds (habits) in your life!

1. Be willing to identify the stronghold.
2. Deal with one stronghold at a time.
3. Fast and deny the desires of the flesh to amplify the anointing.
4. Pray and ask the Lord for help and He will answer.
5. There must be some Word push-back by you.
6. Don't try to be a hero. Get help if you need it!

Building Good Habits:

To put the right things in your mind you must simply reverse the process:

1. Focus on the Word of God and let it be the **standard**.

The Word is the standard of measurement.

(James 1:21 TPT) So this is why we abandon everything morally impure and all forms of wicked conduct. Instead, with a sensitive spirit we absorb God's Word, which has been implanted within our nature, for the Word of Life has power to continually deliver us.

2. Keep the Word of God before you and in your **mouth**.

(Joshua 1:8 NKJV) This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

3. Build an **imagination** of your life being lived out in line with God's Word and with different behavior.

(Psalms 1:1-3 NKJV) Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; (2) But his delight is in the law of the LORD, And in His law he ***meditates*** day and night. (3) He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

Forming the right habits starts with seeing it in your heart and mind.

Your imagination is your ability to see with your heart what you can't see with your eyes.

4. Be a **doer** of the Word.

(James 1:22 NKJV) But be doers of the word, and not hearers only, deceiving yourselves.

5. Start with some **small** things which make a big difference.

(Zechariah 4:10 NLT) Do not despise these small beginnings, for the LORD rejoices to see the work begin, to see the plumb line in Zerubbabel's hand."

It makes God rejoice when He sees us begin to make steps towards His goldy habits in our lives.

It may be reading the Bible or spending 15 minutes in prayer but it all makes a difference in our lives.

6. Stay **consistent** with the process – day and night.

Remember, that spiritual things seem to not happen as quickly as we would like, but things are changing.

(Hebrews 6:11-12 NKJV) And we desire that each one of you show the same diligence to the full assurance of hope until the end, (12) that you do not become sluggish, but imitate those who through faith and patience inherit the promises.

(Luke 21:19 AMPC) By your steadfastness and patient endurance you shall win the true life of your souls.

7. You can build a new habit pattern in **21 days!**

Based on behavioral studies that have established that. If you stay with this process, you can change in less than a month!

Stay with it!

- ✓ Why is this so important? It affects **every** area of your life.

(3 John 1:2 TPT) Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering.