

Habits – April 26, 2023

Habits. We all have them. Some good, some bad. Some goofy.

Me . . . eat 1 thing @ time, save fav for last. Alexa. Plan time in music.

Scarlett knows my habits – shoes/door.

Some have strange habits – stop microwave before it beeps.

Microwave ice cream to get it soft

Find an emergency/escape plan for every building

Check backseat of car for hijacker

Avoid stepping on sidewalk joints

Chewing nails . . . cracking knuckles

Car radio volume must be even # or multiple of 5

Need tv on or music playing... hate silence.

Must flip pillow to cold side first before going to sleep

Eat only the tops of muffins . . . or pizza . . . food can't touch

Smelling food first when you've never eaten it before

Smelling your fingers after you've eaten

Smelling books Playing with your hair Talking to yourself

Bad? Smoking. Not getting any exercise. Overeating. Mindless eating.

Cursing. Driving too fast. Always being late. Staying up too late.

Scrolling too much.

Habits reveal information about us.

- Shoe choice: comfortable shoes – agreeable; ankle boots – aggressive.
Uncomfortable shoes – calm; new, well maintained – anxious/clingy
- Handshake: firm - emotionally expressive, extroverted, and positive;
Looser grip – more shy, socially anxious
- Punctuality: punctual people - conscientious & agreeable;
Early - neuroticism. Chronically late - laid-back, but selfish
- Selfie style: more agreeable people tended to take pictures from below;
People w/ positive expressions (smiling, laughing) more open to new experiences, & the duck face shows a more neurotic personality.

“You are what you eat” . . . you also are *how* you eat.

- Slow eaters – like to be in control and know how to appreciate life;
Fast eaters - tend to be ambitious and impatient;
Adventurous eaters - thrill-seeker and risk-taker;
Picky eaters – tend to have anxiety, be a bit neurotic. (anxiety, panic)
Separate different foods on the plate? Cautious & detail-oriented
- People who pray before meals ... thankful hearts, know where their blessings come from, and tend to engage in worship.
 - o Let’s “say grace.” Grace from Latin, *gratia*, meaning “thanks”

Worship can - should – become a habit. Daily praise. Small things & big.
Worship is often spontaneous, . . . see Sunset. Thankful.

Psalm 29:2 – “Give unto the LORD the glory due to His name; Worship the LORD in the beauty of holiness.”

- o **Notice beauty. Praise!**

Psalm 96:1-4 – NLT – “Sing a new song to the Lord! Let the whole earth sing to the Lord! Sing to the Lord; praise his name. Each day proclaim the good news that he saves. Publish his glorious deeds among the nations. Tell everyone about the amazing things he does. Great is the Lord! He is most worthy of praise!”

- Praise God more often. Look at the beauty.
- We have so much for which to be thankful. God is so good!

Heb. 10:25 – “Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching.”

- **In meeting together** we encourage each other. Lift each other up.

Get in the worship habit - 4 steps.

- 1 - Make the decision.
- 2 - Block off time in your calendar. 21 days for a habit. No exceptions.
- 3 - Tell others . . . we are disciplined when watched.
- 4 - Focus on the reward: encouraged, renewed, energized!

Song of the week – “All My Praise” - Ryan Ellis

5-3-23- “Restoration Reunion” – 7 days/ 1 week