

## The Four Habits

Practical Steps to Freedom

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*Numbers 33:55-56 (NLT)*

*55 But if you fail to drive out the people who live in the land, those who remain will be like splinters in your eyes and thorns in your sides. They will harass you in the land where you live.*

*56 And I will do to you what I had planned to do to them.”*

### THE FOUR HABITS

*Hebrews 10:25 (NIV)*

*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.*

“Character is destiny”  
—Heraclitus, Greek Philosopher

“Sow an act and you reap a habit.  
Sow a habit and you reap a character.  
Sow a character and you reap a destiny.”  
—Samuel Smiles (1812-1904)

#### 1. MAKE YOUR WORD YOUR \_\_\_\_\_

*Psalm 15:4 (GW)*

*The one who despises those rejected by God but honors those who fear the LORD. The one who makes a promise and does not break it, even though he is hurt by it.*

#### 2. DON'T BE EASILY \_\_\_\_\_

*Psalm 119:165 (KJV)*

*Great peace have they which love thy law: and nothing shall offend them.*

## COGNITIVE DISTORTIONS

**PERSONALIZING:** You attribute a disproportionate amount of the blame to yourself for negative events.

**OVERGENERALIZING:** You perceive a global pattern of negatives on the basis of a single incident.

**NEGATIVE FILTERING:** You focus almost exclusively on the negatives and seldom notice the positives.

**MIND READING:** You assume that you know what people think without having sufficient evidence of their thoughts.

—Dr. Aaron T. Beck & Dr. David D. Burns

“Never make the mistake of thinking  
people will not always act like people.”

—unknown

“It is irrational to think people are rational.”

—unknown

*Luke 17:1 (KJV)*

*1 Then said he unto the disciples, It is impossible but that offences will come: but woe unto him, through whom they come!*

“The approval of such men,  
who do not even stand well in their own eyes,  
has no value for him.”

— Marcus Aurelius, Roman Emperor (161-180 AD)

*Luke 18:9 (BBE)*

*9 And he made this story for some people who were certain that they were good, and had a low opinion of others:*

*Mark 6:3 (NKJV)*

*3 Is this not the carpenter, the Son of Mary, and brother of James, Joses, Judas, and Simon? And are not His sisters here with us?" And they were offended at Him.*

### **3. AVOID \_\_\_\_\_ ALTOGETHER**

*Ecclesiastes 10:13 (NLT)*

*13 Fools base their thoughts on foolish assumptions, so their conclusions will be wicked madness;*

#### **4. ALWAYS GIVE YOUR \_\_\_\_\_**

*Colossians 4:17 (MSG)*

*17 And, oh, yes, tell Archippus, "Do your best in the job you received from the Master. Do your very best."*

**IF YOU WANT THE BEST  
GIVE YOUR BEST!**

*Ecclesiastes 9:10 (NCV)*

*10 Whatever work you do, do your best, because you are going to the grave, where there is no working, no planning, no knowledge, and no wisdom.*

**ANSWERS:**

1. BOND
2. OFFENDED
3. ASSUMPTIONS
4. BEST