

Habits or Disciplines

“A man without self-control is like a city broken into and left without walls.”

Proverbs 25:28 ESV

- The purpose of self control is not just to subdue your flesh but to release control to the Holy Spirit

For 2026 there are deeper places to go with God and to grow with God

- The need to lead in the commission to share Jesus
- To go deeper in boldness and authority
- Deeper in the operation of the gifts by the fruit
- Hear God better

But to start this year I want us to agree to be men of discipline in our own lives so that we are ready to pour out and disciple others.

- You can't impart what you don't have
- You can have more intimacy with the Father
- From that intimacy you can hear Him at greater levels

I want us to agree to 7 Spiritual Habits to do more of and increase and grow into full maturity and expand our capacity.

- **This is the year of the Big Fix - it starts with fixing our disciplines / habits**

Author, John Pruitt said:

“We first form our habits then our habits form us”

“Good habits can be hard to acquire but easy to live with

Bad habits are easy to acquire but hard to live with”

Theodore Stolsky:

“The first half of Men's lives is made up of nothing but acquiring / developing habits

The second half of your life is made up of living out those habits naturally”

Study by Duke university showed that 40% of what you do every day is no longer decisions but habits.

“Successful people do consistently what others do occasionally”

So habits are going to set your auto-pilot

- Holy habits will prepare your spirit to be supernaturally connected to God

What makes good habits hard to start is getting started

Gym: I Cor 9:27 Paul says he buffets his body to bring it under subjection

“For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.”

Hebrews 12:11 ESV

- There is fruit for every discipline that leads to greater levels of righteousness

Goal isn't to eliminate a bad habit but to replace it with a Godly habit

- Eliminating a bad habit will leave a void the flesh will yearn to be filled
- Replacing a bad habit with a good habit fills the void and displaces the bad habit
- The law of displacement is a spiritual law:

7 Spiritual Habits to increase in 2026

1. Increase Daily intake of God's Word

"Your word is a lamp to my feet and a light to my path."

Psalm 119:105 ESV

- Your righteous direction - where you go, will be led by the Word of God
- Psalm 37:23 - The Lord directs the steps of the godly
- Proverbs 16:9 - a man's heart plans his course, but the Lord establishes his steps
- **It's time to start or increase your daily intake of the Word**
- **Greater works require greater fuel**
- **Starting your day in the Word will start the direction of your day in the right path**
- **When you look back at 2026**
- **When the Word fills your heart your words change- James 3:4 your tongue is like a rudder steering where you go**
- **Your life will follow your words**

Start every day with awe of God!

"And their eyes were opened, and they recognized him. And he vanished from their sight. They said to each other, **"Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?"** And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together,"

Luke 24:31-33 ESV

- You can start every day with your heart on fire for God
- Read it, listen to it replace social media with it

2. Guard your heart - mostly against offense

"Keep your heart with all diligence, For out of it spring the issues of life."

Proverbs 4:23 NKJV

- Offense will try to get you to approach everything in life from a polluted perspective - it hardens your heart
- This polluted perspective can infect your prayer life
- "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." Ephesians 4:31-32 NKJV
- We have to have a **Thick skin and a Soft heart**
- Psalm 139:22-23 - pray this often
- Be quick to forgive and reconcile if the other wants to reconcile: **reconciliation takes two but forgiveness only takes you**

3. Increase Prayer and pray intentionally not routinely

- **Stop meaningless prayers to get to a meeting or a meal** - Jesus said "in as much as you do this (gather for a meal) remember ME". Take communion during meal times often
- Remember your talking to **God - have respect and awe and remember He's waiting to answer the prayers of a righteous man.**
- "And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him." 1 John 5:15 NKJV
- "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." Mark 11:24 NKJV
- **"Continue earnestly in prayer, being vigilant in it with thanksgiving;" Colossians 4:2 NKJV**
- "rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;" Romans 12:12 NKJV
- "praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—" Ephesians 6:18 NKJV

4. Keep Your heart sensitive to the Holy Spirit through immediate obedience to the Word and His promptings

- **Being quicker to obey in 2026 without hesitation**
- **Spiritual timing is the key to breakthrough**
- “Therefore, as the Holy Spirit says: “Today, if you will hear His voice, Do not harden your hearts as in the rebellion, In the day of trial in the wilderness,” Hebrews 3:7-8 NKJV
- Humility: radical obedience to the Word of God no matter how we think or feel
- 2026 we will increase our sensitivity to the Holy Spirit
- By being doers of the Word and not hearers only
- **Be hyper-sensitive to the Holy Spirit and stop being super-sensitive to everything else leading to offense**

5. Choose godly-wisdom over neutral options

- **People that develop bad habits live a life of asking themselves “is this going to send me to hell?” before they make choices.**
- Something may not be morally wrong but of no godly benefit
- “All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.” I Corinthians 10:23 NKJV
- Small compromises lead to unfruitful habits that open the door to bad habits
- Choosing godly-wisdom over merely not doing wrong will grow you to the next level of spiritual maturity
- Just because something is not sinful doesn’t mean it’s spiritually fruitful
- **Is this going to help me build a spiritually mature man? This is the right question to ask.**
- “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,” Ephesians 4:1 NKJV
- Is this going to nurture me spiritually or just satisfy my flesh?

6. Fasting

- Voluntarily abstaining from food for spiritual growth
- **Daniel fasted to keep himself undefiled and to grow in wisdom**
- “Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.” Ezra 8:21 NKJV
- “So we fasted and entreated our God for this, and He answered our prayer.” Ezra 8:23 NKJV
- “So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”” Matthew 17:20-21 NKJV
- Fasting, praying and seeking God will deal with your unbelief
- Choose times of fasting throughout the year

7. Look for others to serve and disciple - mentor

- **Win the lost - complete the commission of Christ**
- You will grow exponentially in 2026 when you intentionally win and disciple the lost
- You will grow supernaturally
- Jesus said these signs will follow those that believe:
 “And He said to them, “Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.””
 Mark 16:15-18 NKJV
- Growing in supernatural signs and wonders - is growing in spiritual maturity
 The more you get in you the more should flow out of you!

