**HOW TO START AND MAINTAIN GOOD HABITS**

**STEP ONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

**STEP TWO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Begin right now! Don't wait. Don't procrastinate. You don't slide into a new habit. "One of these days" never arrives. You must have a starting point. It's easier to break a bad habit today than it will be tomorrow!

"If you wait for perfect conditions, you will never get anything done."Ecclesiastes 11:4 (LB)

**STEP THREE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

"Make vows to the Lord your God and fulfill them."Psalm 76:11

**STEP FOUR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by "just this once". The act of yielding weakens the will and reinforces your lack of self-control. It takes 3 weeks to become comfortable with a new habit and it takes another 3 to 4 weeks (doing it daily) for it to become a part of your life.

**IT TAKES \_\_\_\_\_\_\_\_\_\_\_ TO \_\_\_\_\_\_\_\_\_\_\_ REPETITIONS TO LEARN SOMETHING!**

**STEP FIVE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Whenever you feel the slightest urge or prompting to practice this new habit - DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your new habit, do so!

**STEP SIX: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Get a partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the habit is firmly rooted in your life.

"Let us consider and give attentive, continuous care to watching over each other, studying how we may stir up and stimulate each other to ... helpful deeds and noble activities." Hebrews 1:25 (Amp)

"Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up."

Ecclesiastes 4:9-10 (GN)

**STEP SEVEN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Rely on God's power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray!

"For the Spirit of God has given us ... fills us with power, love, and **self-control**." 2 Timothy 1:7 (GN)

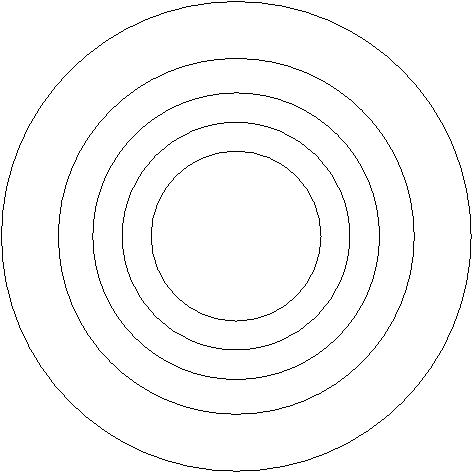
"For it is God who is at work within you, giving you **the will and the power** to achieve his purpose." Philippians 2:13 (Ph)

**LIGHTHOUSE CHURCH OF INDEPENDENCE CHURCH’S MATURITY VISION**

* *A vision of every member who have committed themselves to the Maturity Covenant: Having a daily time with God, giving a weekly tithe to God, and participating in a weekly Care Group for God.*
* *A vision of church where people from all backgrounds can come and find salvation through Jesus Christ and be ministered to in an environment of spiritual hunger and excellence.*
* *A vision of a church that believes in world missions and will work to build multiple mission projects all over the world.*
* *A vision of a church that has multiple effective ministries with the underlining purpose of serving every individual by equipping them with the Word of God, providing opportunities for fellowship, and leading them to a solid foundation in Christ.*
* *A vision of a Administrative ministry team dedicated to developing, training, building and making disciples to serve in the building of the Kingdom of God.*
  + *A ministry leadership team that believes in multiplying themselves, expanding their gifts and talents toward and within the church and community*
  + *A vision of a ministry leadership team that has a passion for prayer and moves of God without the congregation.*
* *A vision that this church will be a training center for ministers to receive educational, practical and hands on training to expand the kingdom church across the US and World.*
* *A vision of a 24 hour prayer room*
* *A vision of a Family Center where entire families can relax, engage in fellowship, drink coffee, and have facilities and classrooms to be educated and counseled in the word of God*
* *A vision of a Christian school to provide a place to educate children with a solid biblical foundation while teaching them principles of integrity, responsibility, hard work and excellence as they learn reading, writing and arithmetic.*
* *A vision of a Christian preschool/day care facility to provide a safe haven for parents in the community to entrust their children to be nurtured and educated while providing opportunities for employment for church members with a passion to bless and work with children.*
* *A vision of a church being lenders of money to boost God’s people’s economy and not the borrowers.*
* *Finally...and most significantly...we dream of the Lighthouse Church of Independence becoming Christ-like. We see you living a life based upon:*

*The goal of this vision is to bring glory to God by presenting Jesus Christ with as many Christ-like disciples as we possibly can before He returns.*

**5 CIRCLES OF COMMITMENT**



WHAT NOW?

