



Do Our Bad Habits Control Us?

Proverbs 17:20: (NASB) *He who has a crooked mind finds no good, and he who is perverted in his language falls into evil.*



Did you ever stop to think how much of our lives are built around our habits? The words we use, the thoughts we think - driven by habit. Our morning routine...a habit. The time we arrive at work...habit. Our actions and reactions to our co-workers...habit. What we eat, where we eat, how much we eat...all connected to habit. How we treat our spouse, our family, our friends and acquaintances - you guessed it - all connected to habit. So, if such a large portion of our lives are based in habit, then we ought to understand what makes a habit and most importantly how to better our habits!

What makes a habit?

Some definitions from Merriam Dictionary:

5: the prevailing disposition or character of a person's thoughts and feelings: mental makeup

6: a settled tendency or usual manner of behavior <her habit of taking a morning walk>

7a: a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

7b: an acquired mode of behavior that has become nearly or completely involuntary <got up early from force of habit>



First Rule of Habits: Habits are!

Habit Patterns (1954) is from the "Psychology for Living" film series by McGraw Hill Book Company, with an accompanying textbook by Sorenson and Malm, targeted at 1950s teens.

<http://archive.org/details/HabitPat1954>



THIS ONE IS WORTH VIEWING!



Morning alarm, *Habit Patterns*, McGraw-Hill movie (1954)

(Patronizing narrator talking while we view Barbara crying) ...It's a little late for tears, isn't it, Barbara? Even though you didn't know what was going to happen today, you still had your whole life to prepare for it! Of course, you've gotten into the habit of not being prepared. And now it's a little late, isn't it? You're a creature of habit, Barbara, we all are. Unfortunately not all your habits are good ones. This was how your day started. (Barbara ignores the alarm clock.) It started wrong.

Your neighbor, Helen, is a creature of habit too, but she got up when the alarm went off, because Barbara that's what she really had in mind when she set it!





Romans 8:5-6: (NASB) ⁵For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. ⁶For the mind set on the flesh is death, but the mind set on the Spirit is life and peace...

Setting your mind is making a habit. Where you set your mind, your actions will follow.

Our body needs to naturally react through "muscle memory." This comes with repeated practice so that when tension arises, we don't have to think, we can just act appropriately. We practice so that we are ready.



Bad habits list, *Impact of Bad Habits, The Magnolia Show*

- *Talking instead of listening.*
- *Forgetting someone's name sixty seconds or less after being introduced.*
- *Hitting the snooze alarm several times in the morning before getting out of bed, when you know that you should get up and do some stretching and exercising, give yourself time for a decent breakfast, put yourself together professionally and then leave in a great mood.*
- *Working long days without exercise or breaks.*
- *Not spending enough time with your family, your children, or your friends.*

There is a process involved in the development of habits that can be voluntary or involuntary:

Philippians 3:10-14: (NIV) ¹⁰I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, ¹¹and so, somehow, to attain to the resurrection from the dead. ¹²Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

How habits work:

Verse 10: *Desire - I want to know Christ*

Verse 12: *Assessment - Not that I have already obtained all this, the Apostle Paul is assessing where he is*

Verse 13: *Locking up the past habitual behavior - forgetting what is behind*

Verse 14: *Unlocking the new opportunities of new behavior - I press on toward the goal*

How do we know if a habit is good or bad?



Bad habits list, *Impact of Bad Habits, The Magnolia Show*

- *Answering the telephone during family meal times.*
- *Controlling every decision, especially the small stuff that we need to let go of.*
- *Procrastinating on everything from filing taxes to cleaning out your garage.*



Second Rule of Habits: All habits have a reason to live!

Rules 2 Timothy 3:1-5: (NRSV) ¹You must understand this, that in the last days distressing times will come. With the coming of distressing times, comes the propensity to want to hunker down into the familiar territory of ego and self-preservation - our comfort zone! ²For people will be lovers of themselves, lovers of money, boasters, arrogant, abusive, disobedient to their parents, ungrateful, unholy, ³inhuman, implacable, slanderers, profligates, brutes, haters of good, ⁴treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, ⁵holding to the outward form of godliness but denying its power. Avoid them!

All of these behaviors are self-centered and driven by self-gratification. Our habits, especially those we unconsciously put in place, are generally self-centered as well.

Stress and distress are classic environments for the development of unhealthy and destructive habits. They can grow and develop when we are hurting but can have serious consequences later on.

Quality rituals and changing habits, wakeproductive.com

- *Let's learn how to create habits that serve us in our lives and our businesses. I did an interview recently with Tony Robbins. One of the things he said in the interview is that the quality of our habits and our rituals is the quality of our lives. What did Tony mean by this? If we don't have high quality habits and we don't make them into rituals that we focus on and create consciously, then a bunch of other stuff will sneak into our life. We'll get distracted...we'll worry about stuff and we'll never get the important things done!*

What are we choosing as the basis of our thinking? Whatever it is determines the source of our habits.

Joshua 1:8-9: (NASB) ⁸This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. ⁹Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.

But what about how we feel? What is the basis of our emotions? Whatever it is determines the source of our habits.

Proverbs 4:23-26: (NASB) ²³Watch over your heart with all diligence, for from it flow the springs of life. ²⁴Put away from you a deceitful mouth and put devious speech far from you. ²⁵Let your eyes look directly ahead and let your gaze be fixed straight in front of you. ²⁶Watch the path of your feet and all your ways will be established.

Where your heart finds its comfort is where your habits will begin to develop.

Helen's routine, *Habit Patterns*, McGraw-Hill movie (1954)

- *Helen has trained herself to know what she is going to do, in what order and where the things are to do it with. She really doesn't have to think about it. She already knows what clothes she's going to wear today. She starts by having a place for things and keeping them there! She uses taste in selecting her clothes. But more than that, she keeps them clean and mended. And she's able to match the right skirt with the right sweater.*





Here are some other great reasons for habits to live - only certain habits will survive in this environment:

Philippians 4:8-9: (NASB) ⁸Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

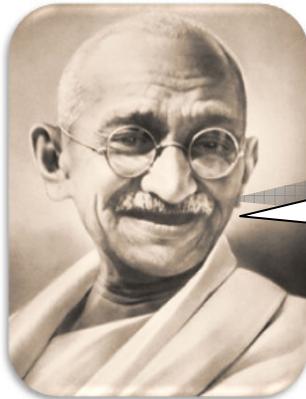


How do we change our habits?

Third Rule of Habits: If we do not decide what kind of habits to develop, it will be decided for us!

 **Eight-pound cookie, *How to Break a Habit, thepowerofhabit.com***

- *Imagine for a moment that you have a habit that you really want to change. Let's say, for instance, you go up to the cafeteria every afternoon and eat a chocolate chip cookie. This habit has caused you to gain a little bit of weight. In fact, this habit has caused you to gain exactly eight pounds, and your wife has started to make some pointed comments. And when I say, "you," what I really mean is "me," because this is a habit that I had and just couldn't kick.*



*"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.*

— Mahatma Gandhi

It all starts with what we are thinking about.

Good advice from the Apostle Paul:

Philippians 4:8-9: ⁸Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—*meditate on these things.* ⁹The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.



Time for a personal story from Rick!

To get in the habit of getting up several hours earlier in the morning in order to visit his elderly parents, Rick, who is not naturally a morning person, set his alarm just three minutes earlier every week for many months. "I can get up three minutes earlier," he reasoned. Eventually he was able to get up at 5:40am every weekday morning.

If you make a plan of action without debating whether you like it or not, new good habits can be formed!

The best way to break a habit is to make a habit! Break one and make one - there is a lot at stake. To break a habit we must first be honest with ourselves. We can't be defensive.

Proverbs 12:19-22: (NASB) ¹⁹Truthful lips will be established forever, but a lying tongue is only for a moment. ²⁰Deceit is in the heart of those who devise evil, but counselors of peace have joy. ²¹No harm befalls the righteous, but the wicked are filled with trouble. ²²Lying lips are an abomination to the LORD, but those who deal faithfully are His delight.

 **Quality rituals squeeze out bad, wakeupproductive.com**

- *If we habitualize all the important things - if we actually create conscious rituals around them, then all of the other stuff will take care of itself. In fact, the more high quality habits and rituals you create, then the more it squeezes out the other stuff that distracts you from your life.*

Kathy was brave enough to ask her two teenaged sons what they thought her bad habits were. (Her husband was wise enough not to contribute!)

Listen to the Program to hear her initial reactions to what they said, and then finally her changed attitude after prayerful consideration.



To break and remake a habit, we must seriously choose and embrace our new direction.



Joshua 24:15: (NASB) *If it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD.*

 **Barabara's "non-routine," *Habit Patterns*, McGraw-Hill movie (1954)**

- (Narrator) *You started your day with no plan at all. Looking for your hair brush? Can't remember where you left it? You forgot other important things today. You meant to fix that collar, but you've gotten into the habit of putting things off. And, oh yes! The sweater you were looking for. You decided to cover the spots on your sweater with a scarf. You often do that. But you can't forget that the spots are there. If you had a habit plan for your mornings, you might get off to a decent start some day!*

Just because we decide something doesn't make it easy to accomplish. Think of New Year's resolutions! What deciding does is IDENTIFY the habit being broken and FOCUSES on its replacement. Deciding gives us "permission" to act.

Romans 7:21-25: (NASB) ²¹*I find then the principle that evil is present in me, the one who wants to do good.* ²²*For I joyfully concur with the law of God in the inner man,* ²³*but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members.* ²⁴*Wretched man that I am! Who will set me free from the body of this death?* ²⁵*Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.*

Even the Apostle Paul, as great as he was, had to make that decision every single day. He had the courage to fight for the correct habits. We need to be active in the choosing of our habits.



Fourth Rule of Habits: Habits can be abandoned!

 **One new habit at a time, wakeupproductive.com**

- *We are creatures of habit. Most of us never learned how to change our habits and with the little bit of willpower we get, we don't usually focus it on changing our habits. And that's really the equation. That's the magic formula - to take the willpower that we get and focusing it on making a new habit.*
- *It's important to only create one new habit at a time. If we try to create more than one new habit, we get all stressed out and fall back into our old patterns and never actually do it. So, one new habit at a time.*

How do we change a habit effectively? Break one and make one to replace it! There is much to change - get out your Christian toolbox!

1 Corinthians 6:9-11: (KJV) ⁹*Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,* ¹⁰*Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.* ¹¹*And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*



Why is the Apostle even talking about these extremely terrible things to a group of Christians?!? Because we are all the same with the same possible temptations. We can't always see our true selves. We pray for Him to reveal our "secret faults."



With so much at stake, we are blessed to have the tool of

EXAMPLES to follow:

Philippians 4:11-13: (NASB) ¹¹Not that I speak from want, for I have learned to be content in whatever circumstances I am. ¹²I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. ¹³I can do all things through Him who strengthens me.



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GOD'S PROMISES!

James 1:12: (NASB) *Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*



First step: The cue, *How to Break a Habit*, thepowerofhabit.com

- *Every habit functions the same way. At first there is a "cue" - some type of behavior that makes the behavior unfold automatically. Studies tell us that a cue can be a location, a time of day, a certain emotional state, other people or just a pattern of behavior that consistently triggers a certain routine. To figure the cue for my craving I spent a few days tracking exactly when the urge to eat a cookie happened. What I noticed pretty soon was interesting. The cookie craving always hit between 3:00pm and 3:30pm. That was my cue - a certain time of day.*



With so much at stake, we are blessed to have the tool of

SCRIPTURAL LOGIC AND REASON:

Romans 6:17-19: (NRSV) ¹⁷But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, ¹⁸and that you, having been set free from sin, have become slaves of righteousness. ¹⁹I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

Logic: You were a slave to sin without your choice, so why not choose to be a slave to righteousness?



With so much at stake, we are blessed to have the tool of

KNOWING WHERE TO GO FOR STRENGTH:

James 4:7-8: (NASB) ⁷Submit therefore to God. Resist the devil and he will flee from you. ⁸Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

What about extreme habits?



Second step: The routine, *How to Break a Habit*, thepowerofhabit.com

- *The next part in the habit is the routine, the behavior itself. For me, though, it was pretty easy to figure out. Every day between 3 and 3:30, I would get a craving for a cookie. I would get up out of my chair and walk over to the*



elevator and take the elevator up to the 14th floor. I get out, get a cookie and then eat it while talking to my colleagues in the cafeteria.



Fifth Rule of Habits: No habit remains abandoned without a new habit having been put in its place!

Rules Nature abhors a vacuum - new habits must fill the old ones.

Ephesians 5:18-20: (NRSV) ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

True fellowship is a good way to replace a bad habit.

The more extreme the damaging habit, the more extreme the new habit must be:

Romans 1:20-25: (NRSV) ²⁰Ever since the creation of the world his eternal power and divine nature, invisible though they are, have been understood and seen through the things he has made. So they are without excuse; ²¹for though they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their senseless minds were darkened. ²²Claiming to be wise, they became fools; ²³and they exchanged the glory of the immortal God for images resembling a mortal human being or birds or four-footed animals or reptiles. ²⁴Therefore God gave them up in the lusts of their hearts to impurity, to the degrading of their bodies among themselves, ²⁵because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.



The problem, David's Dark Secret, CBN.com

- (Narrator) David grew up going to church so he knew pornography was wrong.
- (David) I tried to put on this good Christian face and go to church and play the part. Part of me wanted to be so close to God, and then part of me felt so guilty. I knew if people found out, they would see me differently.
- (Narrator) When he was 17, he met Valerie. They later married and started a family. David loved his wife, but pornography warped his view of sex.

We bring this up because it is a very real problem. The internet has made it very easy for evil to live in your house. We are all sinful beings and many of us have "emotional black holes" we try to fill.

Like it or not, this is a choice. When we get ourselves stuck in this circumstance, we have chosen to be there. When we look at extreme habits that are the result of extreme actions because of extreme choices, we have to counteract that with something just as extreme in the other direction!

When our conscious is deadened, it is just a small step to dwell in evil and sin:

Proverbs 17:20: (NASB) *He who has a crooked mind finds no good, and he who is perverted in his language falls into evil.*

With the darkness of evil habits comes the darkness of shame and secrecy:

Proverbs 28:13: (NASB) *He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.*



Fortunately, the Almighty sees all and will justly judge:

Jeremiah 17:9-10: (NASB) ⁹The heart is more deceitful than all else and is desperately sick; Who can understand it? ¹⁰I, the LORD, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds.

So, again we are faced with the choice - break a habit/make a habit - where are your tools?

James 4:4: (NASB) You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.



What about spiritual habits?

Sixth rule of habits: Thoughtfully and prayerfully choosing new habits alters your destiny!

 Third step is the reward, *How to Break a Habit*, thepowerofhabit.com

- *The last part of the habit is the reward. In some respects, the reward is the most important part because that's why habits exist - so that we can get the rewards that we want. But figuring out the rewards can be tricky. To figure out what reward was driving my habit, I did a little bit of an experiment. One day when the cookie urge struck, instead of going up to the cafeteria, I went outside and I took a walk around the block. Then the next day, I went up to the cafeteria but instead of finding a cookie, I got a candy bar and then ate it at my desk. Then the day after that, I went up to the cafeteria again, but I didn't buy anything. Instead, I just talked to friends for about ten minutes. What I figured out pretty quickly was it had nothing to do with cookies. It had to do with socializing!*



A caller suggests: Jesus teaches the Christian to look forward, to the resurrection, to the kingdom. The Christian does not dwell in the past, and what is a habit but the past dragged into the present? Psalms 51:8: *Still you insist on sincerity of heart. In my inmost being, teach me wisdom.* The key to giving up bad habits is not to dwell on them but to see our potential in Christ. With prayer, as we give up our bad habits, we expand, we choose Christ.

The Habit Development Process:

- **Desire**
- **Assessment**
- **Lock up the past habitual behavior**
- **Unlock the new opportunities of new behavior**

First spiritual habit: **Desire - centralize Jesus in your life!**

Isaiah 42:1-3: (NASB) ¹Behold, My Servant, whom I uphold; My chosen one in whom My soul delights. I have put My Spirit upon Him; He will bring forth justice to the nations. ²He will not cry out or raise His voice, nor make His voice heard in the street. ³A bruised reed He will not break and a dimly burning wick He will not extinguish; He will faithfully bring forth justice.



Second spiritual habit: **Assessment** - bring your bruised and broken life before Him in all humility!

1 John 1:9: (NASB) *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

 **True change, David's Dark Secret, CBN.com**

- *I knew that I was hurting her and I knew that I was offending God. And yet, I just didn't know what to do. But yet there was something inside of me that just craved it. I never had an affair, but honestly, I was cheating.*
- *When they joined a local church, David wanted to get involved.*
- *I remember telling Valerie one day, I think I am supposed to be a minister. Of course she said I was crazy! But it stirs old feelings of that call. So we started to be more active in our church.*
- *But David said one day God convicted him about his sin.*
- *There was a stench; there was smell that I hadn't smelled before. And I was like, what's going on? This is strange. God spoke to my heart and said, this is a stench to Me, it's disgusting.*

The price to pay for his habit became bigger than the habit itself. We need to continually keep control of our bad habits.

Third spiritual habit: **Lock up the past habitual behavior** - present yourself as His child!

Romans 12:1-2: (NASB) *¹Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ²And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

We replace what we want with what God wants in everything we do.

Fourth spiritual habit: **Unlock the new opportunities of new behavior** - replace the old with new promise and hope!

1 Corinthians 10:13: (NASB) *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

We have to recognize *how* God will provide the way of escape. Our deliverance can come through various ways both big and small.

And now...stay there!!!

Psalms 1:2: (NASB) *But his delight is in the law of the LORD, and in His law he meditates day and night.*

Galatians 6:9: (NASB) *Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.*

Here is what great habits are made of:

Galatians 5:22-25: (NASB) *²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵If we live by the Spirit, let us also walk by the Spirit.*



God wants us to be better than who we are today. Through prayer and hard work, we can be better. Base your habits in love, joy, peace, patience, kindness, goodness, faithfulness and self-control.

*So do our bad habits control us?
For Jonathan and Rick (and Kathy!) and Christian Questions,
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*

Various Christian battles we have to fight as we seek to establish positive, destiny altering spiritual habits. Each battle represents a unique set of challenges as we focus ourselves on always moving forward - each battle needs us to use the tools spoken about in this program to achieve success in that particular area:

The Christian's battle for purity:

Matthew 5:8: (NRSV) *Blessed are the pure in heart, for they will see God.*

1 Timothy 1:5: (NRSV) *But the aim of such instruction is love that comes from a pure heart, a good conscience, and sincere faith.*

Titus 1:15: (NRSV) *To the pure all things are pure, but to the corrupt and unbelieving nothing is pure. Their very minds and consciences are corrupted.*

Hebrews 10:22: (NRSV) *let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.*

1 Peter 1:22: (NRSV) *Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart.*

The Christian's battle to avoid deception:

Mark 13:5: *And Jesus answering them began to say, Take heed lest any man deceive you:*

Mark 13:22: *For false Christs and false prophets shall rise, and shall shew signs and wonders, to seduce, if it were possible, even the elect.*

Galatians 6:7: *Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.*

Galatians 6:8: *For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.*

Colossians 2:4: *And this I say, lest any man should beguile you with enticing words.*

Colossians 2:8: *Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.*



The Christian's battle to avoid the evil of others:

Ecclesiastes 12:14: *For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.*

Jeremiah 23:24: *Can any hide himself in secret places that I shall not see him? saith the LORD. Do not I fill heaven and earth? saith the LORD.*

Luke 12:1: *In the meantime, when there were gathered together an innumerable multitude of people, insomuch that they trode one upon another, he began to say unto his disciples first of all, Beware ye of the leaven of the Pharisees, which is hypocrisy.*

Luke 12:2: *For there is nothing covered that shall not be revealed; neither hid, that shall not be known.*

The Christian's battle to live uprightly and wisely:

Matthew 10:16: *Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.*

1 Corinthians 14:20: *Brethren, be not children in understanding: howbeit in malice be ye children, but in understanding be men.*

Philippians 1:27: *Only let your conversation be as it becometh the gospel of Christ: that whether I come and see you, or else be absent, I may hear of your affairs, that ye stand fast in one spirit, with one mind striving together for the faith of the gospel;*

Colossians 1:9: *For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;*

Proverbs 14:8: *The wisdom of the prudent is to understand his way: but the folly of fools is deceit.*

Galatians 3:1: *O foolish Galatians, who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you?*

James 3:13: *Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom.*

The Christian's battle to maintain sobriety:

Luke 21:34: *And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.*

Romans 13:13: *Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.*

Galatians 5:22-25: NRSV) ²²By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³gentleness, and self-control. There is no law against such things. ²⁴And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵If we live by the Spirit, let us also be guided by the Spirit.



The Christian's battle to redeem the time:

Redeem: Strongs #1805 *exagorazo* (ex-ag-or-ad'-zo); to buy up, i.e. ransom; figuratively, to rescue from loss (improve opportunity): KJV-- redeem.

Here is every time "redeem," Strongs #1805, is used in Scripture:

Galatians 3:13: Christ hath **redeemed** <1805> us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree:

Galatians 4:5: To **redeem** <1805> them that were under the law, that we might receive the adoption of sons.

Ephesians 5:16: **Redeeming** <1805> the time, because the days are evil.

Colossians 4:5: Walk in wisdom toward them that are without, **redeeming** <1805> the time.

Other scriptures:

Ecclesiastes 9:10: Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

Romans 13:11: And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

Galatians 6:10: As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

John 12:35: Then Jesus said unto them, Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth.

1 Corinthians 7:29-31: ²⁹But this I say, brethren, the time is short: it remaineth, that both they that have wives be as though they had none; ³⁰And they that weep, as though they wept not; and they that rejoice, as though they rejoiced not; and they that buy, as though they possessed not; ³¹And they that use this world, as not abusing it: for the fashion of this world passeth away.