

Daily Bread

14/05/2020

POWER OF ROUTINE (PART 1)

Luke 4:16 (KJV)

And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Look at Jesus. He had this custom according to the above scripture. His custom was to go in the synagogue and read scriptures. Jesus had other customs too. He would oftenly go out to pray. If you don't develop customs, it will be difficult for you to amount to anything.

What is a custom? It is something that you do regularly or a tradition or more strongly a HABIT. A habit is something you do regularly, your tendencies that you cannot give up easily. So, we learn Jesus also had habits and one of which was of reading scriptures daily in the synagogue. His habits were a bedrock of his very successful ministry on earth.

So, we learn that every successful person has developed habits that aids to the success he/she enjoys. These habits do not come on their own, they are created. There are good and bad habits. Bad habits are like drugs, alcoholism, masturbation etc. These you create them yourself. Even good habits like praying daily, exercising, reading is also created by you. There is no habit that comes from God or from Satan, all habits are created by people. Even the negative habit of social media was created by you, now you can't even leave your phone even in church, during God's time or during important family engagements.... what a bad habit!

How do you develop a habit? By your daily routine. It's easy to tell a person's destiny by looking at his/her routine. A routine has a predictable outcome. A routine is your sequence of activities in a day. How do you normally start your day or end it? You will turn out exactly the way you start or end your day. A healthy routine will produce a healthy habit and eventually a healthy and effective lifestyle. If you are failing in life, check your routine, if anyone is succeeding in life check his/her routine. By simply looking at your routine, I can tell where you will end up at. So, habits are products of routines. Psychology says, if you do something routinely for 21 days it

becomes a habit. You can develop a new good habit from today by changing your routine. God gives everyone of us same number of hours in a day, the only difference is on how we use them.

You cannot be different from your habits. Your habits are like your seeds, you will turn up exactly as your habits are. To change your tomorrow, you have to change your today. How you prepare is how you end. You can't have an ending that you never prepared for. You can't be a great fighter without spending enough time in the gym, you can't be a great footballer without practice neither can you be a great man/woman of God without spending time in the presence of God. What do you dream of becoming? Whatever it is, if you can't start doing it now, you will miss it. I became this pastor you see today 20 years ago; I didn't wake up to be this, even you, you became who you are many years ago. If you are a drug addict today, it didn't start today, you started it long back. If you are a serial cheater, it's not something you are learning to do, your cheating started long back.... You used to date women/men for the fun of it and now you are married you can't stop, it's a problem now, right?

You now see that you are a direct sum total of your daily routine from time past but here is a powerful thing, you can also start a different trajectory today that will yield a different future for you. Don't just wish to be different, start being different today and slowly but surely become that person you wish to be.... Develop these habits: *Prayer, reading, exercising laughing* ...before long you will be different from many people.

Let's end here for today...will continue tomorrow on **HOW TO DESTROY A BAD HABIT**

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15/05/2020

HOW TO DESTROY A BAD HABIT

Luke 4:16 (KJV)

And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Jesus had a custom of going to the temple. A custom is a habit. Our lives are controlled by the habits that we have set for ourselves. No one can give you a habit or a custom, it comes from you. You are responsible for every good and bad habits that you have today.

A habit develops over time and to deal with an undesirable habit, you also need time. Some bad habits disappear at salvation, they are completely crushed by the entrance of light, but in most cases, habits don't go away by instant prayer. Many people have gone out for deliverance from their bad habits and before long they came back to them again. It is so because bad habits like any evil thing are influenced by demons, but they will later condition your body and your whole system such that even when the demon is cast out of you, your conditioned body will still need help to deal with habit even when a demon is gone. Many believers have given up in their fight with bad habits because of this. Some have cursed themselves, some have even punished and condemned themselves because they keep going back to the very thing they dislike. Let us discuss four ways of dealing with bad habits today.... all these are according to the writers.

1.Trust in the finished work of the Cross of Jesus (*Titus 2:14*). By believing and trusting what Jesus did for you on the cross, grace is therefore released towards you to overcome. ***Galatians 5:24 (KJV)*** And they that are Christ's have crucified flesh with the affections and lusts. Anyone who is in Christ has crucified the flesh and its desires. So, in Christ your flesh is arrested, you have power over it. There is something inside of you that helps, there is grace at work in you. If you believe it, that same grace is able to work the character of Jesus in you.

2.The habit will go the same way it came. It came by routine it should go by routine. If you want to change your habits, change your routine. Do things differently daily. Don't be discouraged, do those baby steps away from the habit. Take one day at a time depending on what kind of a habit it is. if it's smoking start by skipping some cigarette time and over time you will find out that your body is now used to one or two cigarettes a day...remember you are dealing

with a conditioned body here, so be patient with the process. Then finally you will see that you are out of it. Most people failed because they want to stop a habit in one day. No, that's difficult...give it time to train your body that you don't want this anymore. Celebrate the little success you get towards the destruction of that habit. One step daily and CONSISTENTLY will deliver the desired results. Just be disciplined to do that daily. If you are born again, grace will help you to achieve this quicker.

3. Elimination by substitution.

Make sure you replace the bad habit by building a good and competing one. If your habit was hinged on idleness, quickly find something to do, or volunteer to do something. You can't win over a habit if you don't take away its time slot and allocate it to something else. If it's drinking/alcohol abuse, if you normally drink at a certain time at night, make that time a time for bible study or prayer or at least time for exercise because the idea is to replace the habit with something so that you don't create empty slots of time in between. Many bad habits always make use of unused time in your life. Close all free/idle time in your life and by so doing you starve your bad habits. All your unused time will normally go towards your negatives. All time you don't spend, your negative habits will consume it, it is called the LAW OF UNUSED TIME- it flows towards your negatives.

4. Put gate keepers (*James 5:16*).

You need people that you trust with your life to help you. Do not keep to yourself anything that you want to deal with. Anything that you keep secret has power over you. If you really don't like that habit, then expose it. There is no way you can fight a seriously bad habit secretly, you can't. Find a mature person you open up to. Most bad habits are shy, if you expose them, they lose their aggression in you, for example like LUST, MUSTURBATION, INCEST (once helped some young people who were in an incestual relationship). We helped a young lady who had a serious masturbation habit and she said from the day she opened up to us, she felt embarrassed to do it, we later advised her to make a phone call or to buzz us each time the urge comes to her. It became so embarrassing to her that she eventually won the battle and is happily married now thanks to having gate keepers. Tell these gate keepers your programs so that they will help you maintain discipline. One man made me his gate keepers during a fast, he wanted to fast 40 days but didn't know if he could manage, I helped him by checking daily if he had started with prayer and end with prayer.

To be continued...

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16/05/2020

HOW TO BUILD A GOOD HABIT (PART 1)

Daniel 6:10 (KJV)

Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Daniel had developed a habit of praying three times a day. He would pray in the morning, afternoon and evening daily, that's excellent! It doesn't mean it was easy, he was human like you, he would also yawn and felt restless and felt like stopping the prayer but he persevered daily until it became his habit. How can one develop a good habit like what Daniel did?

1. Deal ruthlessly with Distraction

The devil can't destroy you; he simply distracts you; distraction is more painful because it allows you to participate in your failure. If you are always distracted, you won't build any good habit or you won't focus. Distraction is the thief of focus. You have to identify your key distractors and deal with them. Let us say for example you want to develop a prayer habit, in most cases your distractors will be your phone, or your television or even your friends. I was in a time of prayer when i decided to just stretch a bit, then I saw on TV a certain football match that was played 3 years ago of which my team won convincingly, I thought I would just watch the match again for few minutes but ended up watching for 95 minutes.... you see. You can't build a good habit without dealing with your distractors. When I tried going back to prayer, the rhythm was already gone and ended the day very frustrated and demotivated. That's what a distraction does.

Maybe you are trying to read your bible on your phone and a pop up comes up for an interesting program happening on You Tube, before you know it, you have spent the next one hour on that program and your time for reading is gone. Maybe a phone call will just come through and you are already deeply in a conversation which you don't have time for...you actually will be stealing that time from the original goal that you had before the call came through. After that call, time and energy will never allow you to go back your original goal. Your focus is stolen and gone.

Friends can also be a distraction, they will force themselves in your program and disturb your rhythm, it's not rude to say I am not available. Your true friends must know how to respect things that you value. In actual fact educate your friends and family about your goal and how important

it is to you. They should understand why you have left them alone while you go jogging...if they don't understand it now then they will understand it when you leave them alone going to the hospital (most sicknesses are caused lack of exercise and bad eating habits). I have learnt to do that the hard way, I thought being a pastor means I should attend to everyone anytime and be everywhere anytime, I was wrong. I discovered that there are moments that I don't need to be distracted, esp when I am writing, praying or studying.... this list should also go to when you are eating or spending time with your spouse if you have one, don't allow distractions in such moment because a distraction will take away all the sentiments of the moment. Learn to say politely that you are busy. Some people will want to use their free time to disturb your busy time. Do not be an available entertainer of everyone who is bored elsewhere and looking for someone to babysit him/her.

This is important: If you want to build a good spending habit you need the contribution of everyone around you friends and family. They should know why you aren't recklessly generous as you used to be. Educate them on your new spending habits and your new goals so that they can respect it. Good friends and family should not distract you into spending money that you don't need to spend, they will be killing your future, be resolute, be firm but loving. You won't get out of poverty by using money that you shouldn't use. Anyone who celebrate you while you eat your future doesn't love you.

This should be the same with your tithes, educate your kids and your household that tithes can never be used for anything and they should understand that. If your spouse can cheat God with regard to His tithes, why will he/she not cheat? There is always a different character in people who are tithers, you can trust them more. I have seen it over the past 20 years that if you want someone to depend on, find a tither. Not every Christian is good for husband/wife, find out if the person tithes or not. It's folly on your part to think that a person who can't be faithful to God can be faithful to you!

Finally, you are not only distracted with the bad, even **good** things can distract you. Satan can use very good reasons to take you out of your routine. He knows that the trajectory you have taken will produce a different kind of person in you, and knowing your heart, he will not tempt you with bad, he uses the good. One day I was enjoying the presence of the Lord when I heard a loud screen just outside my window, I needed to check, when I did, I saw a small girl I blood, she had fallen from something that they were riding, I left my room to assist, I located the family

and did everything but guess what, after that I lost what I had before with the Holy Spirit. I tried to connect again; it wasn't just coming. One may say but you didn't do bad, yes, I did good but lost focus of my goal. I needed to be a bit selfish because I was building something. All successful people knew how to be selfish at some point. For you to achieve anything deal RUTHLESSLY with distraction....to be continued

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HOW TO BUILD A GOOD HABIT (PART 2)

Daniel 6:10 (KJV)

Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Daniel developed a habit of praying three times daily. You can also develop a good habit. You don't just wake up to do extra ordinary things, you develop them inside you. You have to fight with your body until your system accepts the new routine. Even in spiritual things, you have to be trained or to train yourself to study the word and pray consistently. It doesn't come easy; you have to work it out. In our previous episode we identified distraction as one key obstacle to developing a good habit. Today we discuss the second one.

2. Consistence/Discipline

This means you have to strictly adhere to the principles of what you want to build. If you are not disciplined to a routine, it will never be a habit to you. When you do something daily, you create a rhythm and that rhythm will develop into your habit or your custom. If the habit is good then it will bring you success.

You can safely predict someone's future by what he/she does consistently. In 2007-2008, we used to go train in the same gym with Mr Costa Nhamoinesu who later became a very popular footballer and moved to Europe. He would continue in the gym until everyone else is gone. He would always be the last to leave the gym.... it's not by chance that his hard work earned him a lucrative deal in Europe. You see guys it's not a miracle, it's consistency in your work, make it a habit to work beyond your tiredness and everything will be automatic. Grace will not help you when you are not consistent. Miracles happen to people who are doers not wishers. Do not wish just do.

Never be erratic in what you do. Erratic people will never build anything important. If you want to build a great prayer habit do that daily without stopping after a couple of weeks it will now be in your system and will be easier for your body. But if you pray today and pray a week later then you will never have a great prayer life.

Some people will say, I don't pray always but when I pray, I will pray long enough to cover for the days that I wasn't praying....it doesn't work like that! For prayer to be effective, it must be

consistent and continued, it must be done without ceasing without stopping. **1 Thessalonians 5:16** says "pray without ceasing. "Being erratic in your prayer life is the reason your life is so stagnant. Train yourself to pray without ceasing. What do I mean by praying without ceasing? It means two things:

a) It is to pray consistently. By praying consistently, I mean praying daily or as many times as you can daily without skipping a single day. Prayer is like bathing, you can do it more than once in one day, if you cannot go to work without bathing, you can't also go without praying. If you brush your teeth every morning before you meet people then you can't go out to meet people without praying...that's why most of you come back home sick from a very unlikely sickness because you have gone out without prayer. Importantly, make sure you don't pray for less than 15 minutes at every given time that you are set to pray. Anything below 15 minutes is serious under praying. Build it up until an hour (60 mins) becomes your minimum. Any beginner can spend 15 mins in prayer in the morning and at least another in the evening if possible, at lunch time at work...If you go for a month like that, you will be feeling very fresh, powerful, confident, safe and healthy. Prayer is medicine. That's how you develop a prayer habit.

b) Praying without ceasing is praying in the Spirit. You must pray in tongues in all occasions (**Ephesians 6:18**). When you pray in tongues or in the Spirit, even when you stop praying you will hear your own spirit continuing with the prayer inside you...You will be feeling the peace of God in your heart.... while you are working, your spirit will be praying in you. Remember we don't know how to pray but the Spirit prays for us (**Romans 8:26**). Praying in the tongues of the spirit is how you activate your spirit to pray without ceasing. That is how you build a prayer habit. All other good habits like exercising can still be built and developed using the same principle of consistence, you have to exercise often enough or daily, without big gaps in between to create a good rhythm....

Amen.....

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