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S.N. Oct 18, 1970 (Chymell)  
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WATCH THAT HABIT

Luke 4:16

Introduction

And as his custom was, he went into the synagogue on the Sabbath Day.

Jesus was a man of good habits. Hence, he was a man with a good life.

Habits have a large part to play in one's life. Whether it is going to be good - or whether it is bad.

As his custom was -- this means to be accustomed too. Literally it was reporting to what was customary to Jesus.

This is one of the great flashes of light on the early life of Jesus.

He had the habit of going to public worship in the synagogue as a boy.

A habit that he kept up when a grown man.

If the child does not form the habit of going to church, the man is almost certain not to have it.

With our attention focused upon this text, I know that we are eager to think about this subject. And I want to enlarge the subject just a bit.

I. How Are Habits Formed

How did Jesus form this habit of going to church and worship. There can be but one answer, habits are formed because of choices. They come as a result of our choices.

Passion Play of Ormaami gau - Man Play part of Christ - not time train him  
Carnu - men spit on, He spit back - cautioned  
The choices we make from day to day gradually (harden into habits)  
about this around - spit - cut his eye toward  
all D. Resurrection



It is very much like the pioneers, who started out from the Eastern seaboard, going West. Now the first man that went through the trackless forest blazed the trail. And perhaps it was a very dim, vague sort of

trail. And then followed that man, some others, And then another. And

then another. Until soon there was a definite path and road. Until that trail became something like the Lincoln Highway. Or route 460. It became a great channel for much traffic. And all of this happened because of the choices made. And it was the persistence upon traveling this trail, by habit, that people followed it. Until at last a fine roadway came into existence.

I want you to note two things about how habits are formed.

1. First of all, this is true of the wrong kind of habits. The wrong choices which we make. The wrong choice which you make - turns into some sort of habit. And you repeat these choices. And you find yourself sinning over and over again.

Now I want to be practical with you today. You take the habit of swearing for instance. No man ever really sat down and thoughtfully reached the place where he said, I am going to train and educate my tongue, I am going to school it in vile language - irreverent speaking. Using God's name in vain. I am not really going to do this, so that I will automatically use profanity without thinking.

Yet many people do just that. I have known people, you have known people. In fact, I conducted the funeral service for a man a few years back that through this sort of a choice down through life - starting out with his youth. Almost every breath he took was one that brought forth some oath from his lips. He had so trained his tongue, that all of his language was foul. It was a part of his nature. In fact, we might say, it was his second nature. Because of the



wrong choices which he had made. This habit had gotten him. And mark you, it will get you as well. The habit of swearing is one that a man develops by choice.

The man who so schools himself in this is one who curses even the things that are provided for him from day to day.

Now these wrong choices become habits. It is just like the petty quarrels that you have in your home. You let these little insincere things continue, disagreeable day by day, and it is not long before husband and wife are indulging in petty quarrels. And you have a full scale war going on in the household every night.

The wrong choices that men make in reference to drink. Until it becomes a habit and they become the bond slave of it. I was talking the other day with a woman who is now 70 years old I suppose, and she has probably been married, 50 years - I have had to put up with the liquor bottle for all of my married life. Her husband who is a man beyond her years has been in the bonds of that habit. Now this starts out through choices which we make. These ugly vicious choices harden into habits.

And a man makes the choice whether he is going to be respectable or not. He forms a habit of refusing to think of God til God ceases to have any reality for him. There are men who do this until when they get older and they by reason know that death is near - and they must take a turn for something that is satisfying. But at that point in life, they cannot discover God. He is not real because they have spent all of their years in godless thinking. It has become a habit with them. It is something - that now they cannot acquire it. They simply waited too long.

{ Smoking }

2. The second thing about these choices - our choices may be right.

We may have the right choices. And these will form right habits across the years. Men have found strength because they have made the right choices and developed the right habits. And they have been made strong. You remember Sampson as he encountered the lion - he tells you that the spirit of God came upon him. He slew the lion. Then a few days later he passed by the carcass and he found that the bees had built a hive inside. And so he said, out of the evil came forth meat. And out of the strong came forth sweetness. And strength comes and sweetness through the right choices.

Daniel by his right habits - his proper habits, was the man who won a victory. He had the habit of praying every day. That there would be the sentence of death. But daily victories are won and we are able to live a good life by forming the proper habits.

A young preacher once showed amazing advancement along all lines. And somebody asked him how this change had taken place. He said that he had had a conversation with an actor at the close of a play. He had sought out this actor and asked him the marvelous secret of his success. The actor told him, when I started out on the stage I resolved always to do my very best regardless of the weather, the audience, my feelings - or whatever. I have been faithful to that resolution.

The young preacher then said, I have resolved to continue to do my best in the ministry. If any actor for entertainment for people can afford to do his best every time, and it is a habit in his life - what had ought I as a minister of Jesus Christ dealing with immortal souls do.

What if every Christian felt this way, every Sunday School teacher, every man,



and every woman, every young person, would so make these kind of choices as to make it a habit in life of doing that which is their best at all times.

II. Habits Are Important In Every Department Of Life

Now I don't have time to cover the whole business of life for you at this time. But simply let me use three different places that I think are very important.

1. First, good habits are important in the physical realm of your life. *Commission of life. Obscenity + Pornography \$2 Million - Favor of The Business which leads to Animalism + Paganism - Common Sense wallows in filth is going to get dirty.*

Habits quite often mean the difference between a weak body and a strong body.

Now I say, as a rule, that this is true. A person with a weak body can form the right kind of habits and increase his joy.

On the other hand, a person with a gifted and strong body can destroy that body and he can bring about through habits pain and disappoint to his life.

Theodore Roosevelt as a young man was very weak but he learned how to live physically. He deliberately set about the business of the forming of right bodily habits with the results that he became a strong man.

Now I have seen young men slip out of life in their early 30's. They were fine physically specimen. I confronted a young man just the other day. He had wrecked that body of his by the types of dissipation and he will die in a few days.

Now if you make a habit of sowing wild oats, then it will not be long before you will heap upon yourself a great deal of suffering.

I am talking about some of the routines, the fixed techniques about our daily living. We are not to sleep one night and then skip three.

We are not to eat every second day.

We are not to work all the time.

We are not to play all the time.

If you are very strong, you may ignore sensible living habits. And you can get away with it for awhile.

Many an invalid by forming good habits has lived, to bury many of their friends who insisted on doing just as they pleased.

2. Second, in the field of education. Now in the department of your mental development you have to form right habits of study. To do this, you have to

follow a plan.

*Understand Teachers today are offering Rewards - If the Student will study & make good grades, they will receive green stamps!*

When you are old enough to go to school - you are enrolled in school. Now that you are enrolled, you are expected to receive a diploma. But when you are enrolled, you are only a beginner. You do not really debate every morning whether you should attend or not attend. It is expected that you will go five days a week.



When you enter college, you have a few "cuts" and if you stay out more than you go - you are not going to graduate.

The educational development of an individual has to do with his habits. The habits of a musician. He has to learn by sticking to certain habits.

Some man was passing by a house once and he heard a terrible noise. He came up and rang the door bell and the lady came to the door. And he said, who is sick? And the lady said there is no one sick that she had just been taking her exercise. It seemed that she was taking voice lessons. And trying to learn how to sing. And it was such a horrible noise that the man thought someone was sick.

I read about an artist who through practice and habit - someone ask him how long it took him to learn how to draw a circle. He said about 40 years.

You remember the story of the pianist. The pianist said that if he missed one day's practice, he could tell it. If he missed two days practice his friends could tell it. And if he missed 3 days practice - his audience could tell the difference. The habit of daily practice was the thing that brought excellence in his life.

✓ 3. Third, in religion. This law still holds true. That a man's development of goodness if not by magic. But it is by the right choices - the right habits. Now I am not leaving God out of this. But I think this is rather giving God a chance. Our great witnesses as Christians - too few of us have any fixed habits for the practicing of our religion. We have habits for carrying on our business and development in others - education, sports, etc.

And in our religion, we need to develop the proper kind of habits.

### III. What Are Some Habits Needed For Successful Living

Now having met Jesus Christ as your Lord and Saviour, let me come to suggest to you some successful religious habits which I think that all men need.

✓ First, the habit of daily devotions. No day ought to be allowed to pass without you having some quiet time together, some period of devotion.

You need some time with God's word - the Bible.

You need time for private prayer. The Disciples came to Jesus and requested - Lord, teach us to pray. Prayer is something that we must learn. We must learn to read the Scriptures. This will help us to pray. And our praying will help us read the Scriptures in return.

Now you need to make up your mind to form this habit. Do not be discouraged if there are times that you seem to get no where or get discouraged. Do not let it depend entirely upon your emotions or feelings whether or not you have this daily devotion. It ought by habit become a part of your life.

Many years ago a commencement speaker at La. State University began his message with a story that impressed me, when I read it. It went something like this --

There was a wealthy father who had three sons. When the time came for him to leave the world - he sent for his sons to come and stand around the



bed.

I want to talk to you about my will. But I am afraid you won't understand it unless I explain it to you. I have buried something on the ranch - a chest of gold and precious stones. There is a million dollars worth of gold and jewels in the iron chest. Now when I die - the ranch goes to my oldest son for one year. If he finds that chest, then one half of the treasure and the ranch belong to him. The other half is to be divided between the other two sons.

At the end of the year if he hasn't found it - then the second oldest son takes over, under the same condition.

And if at the end of the second year, he has not found it, the third son takes charge in the same manner.

If none of you find it at the end of three years - then the whole thing goes to charity and they will know where to find it.

The boys shifted from one foot to the other. Father, do you want us to find it. He said I certainly do want you to find it.

Well, if you want us to find it - won't you tell us how.

The Father said, I will tell you exactly how to find it. Listen to my words - my sons. Plow deep, young men, plow deep. The boys filed out.

When the oldest boy could get away from the other two - he slipped back to his father's room. Father, I'm your oldest son - I'm pretty sure you want

me to have this ranch. Wouldn't you tell me how to find it. He said, my son, kneel down put your ear close to my lips. And I will tell you exactly how to find it. The boy dropped to his knees and turn his head. And the Father whispered, my oldest son, plow deep, my son, plow deep. The son went out.

The second son slipped in and he asked his Father. We have always been pals. We have fished and hunted together. If my oldest brother doesn't find it, won't you tell me how. He said, son, you get down on your knees and put your ear close to my lips. And he said, plow deep, son, plow deep. And the second boy went out.

The third boy came in, and said, Father, you don't want this to go to charity. No, son, I don't. Well, if the other two boys do not find it. Tell me how. He said, get down on your knees and put your ears close to my lips and he said, plow deep, son, plow deep.

The oldest son took over. To his two brothers he said, I know where Father hid that chest. It is up in the deep ravine. And I am going up there and turn that stream into the next ravine and turn over every rock. It is in the river bed somewhere. So the oldest boy spent the year. He didn't plow a furrow and he didn't find the chest.

The second took over, he said, all right my older brother missed it. It must be about 10 miles down on the ranch where my Father built a high tower. He had some bee hives there. And it was a protected place. And something about that tower that he built to look out over that ranch. And I am going down there and turn over that part of the ranch. He spent the year. The weeds and the grass grew all over the big farm.



The year was up. He hadn't plowed a furrow and he hadn't plowed at all or found the chest.

The third son called together the servants - come in here and get the plows and take these new plow points. They are longer than the ones you have been using. Hitch two teams to every plow. In the place of one. We are going to farm this land for I have an idea that Father had buried his treasure in the sub-soil - for he meant it when he said, "Plow deep". I am going to follow his directions.

This brothers protested. But the teams went out and turned the soil over. One day near noon, the youngest son was following the deep cutting plow and the point hit something hard. The handles flew out of his hands. He dropped to his knees and frantically rakes away the dirt. There was the top of the iron box - 2" down in the sub-soil. Trembling from head to foot, he set back on his heels, took off his hat, turned his face toward Heaven and prayed. Father in Heaven, I have learned my lesson - I will plow deep - and I thank you for it. I will plow deep into everything that you want me to do in life. I won't take any short cuts. I won't leave anything undone that you want me to do. I will try to live a life as deep and true as Jesus did. I will be true to the finest that is in me and true to the finest that was in my Father.

Now this is what I am talking to you about - You need to begin your daily devotions deep in your life. The children of this world seem to be wiser than the children of light. Many Christians today are just living on the surface - shallow lives. Poor habits. This is not what God would have us to do.

✓ Second, weekly public worship. Now following daily devotions there ought to be the habit of weekly public worship.

Linda Sellers Assist. Editor of His Magazine wrote  
in October issue

"It used to have a quiet time - Josephson Jr. College I was  
liberated - you don't have to talk to God or be tied down to  
set of Rules - just read spontaneously - when I'd like -  
it didn't work - lot of struggles -

Thought - Spend some time with Him regularly through  
Prayer + The Bible - give it a try -

I can't know how to study Bible - commentary.  
" " " " Pray - ask God to teach me

Prayer is conversation with God.

- I Thank God for what he is doing -
- I made a list of things to pray for systematically.
- I found it easier to pray for small things, like my work.
- " " Big things -

A quiet time is changing me!

we now wait before God - listen to him -

Ploughing Deep -



Now this is the substance of our text this morning. You remember - and as his custom was, he went into the synagogue on the Sabbath Day. When Jesus was a lad of 12 he went with his parent's to worship at Jerusalem. It was there in that temple where he said, he must be about His father's business. Jesus prayed in private. He had daily devotions - and it was with him a habit that he was accustomed to attending church. He attended public worship. He could not keep his life up to par without it.

And if you are going to have the best habits in your life, you are going to have to cultivate the habit of public worship. This fellowship brings great value to your life. Isaiah went to worship in the temple. It was there that he saw the Lord and had a realization of his God. It was there that Isaiah became conscious of his own sin and uncleanness and was rebuked. He said, I am an unclean man. He confessed his sins. It was through worship that this great experience came to him. Through the habit of worship, you can come face to face with your own sins and God's forgiving grace. What worship did for Isaiah in the long ago - it will do for you.

Now you know and I know, that the boy scouts have a good habit of doing a good deed everyday.

And this is what we need for successful living.

Oh, some of you, I know, are saying in your heart - well Preacher, I can miss worship a Sunday or two. It really doesn't bother me. I am still a respectable person. Some visitors went to Estates, Colorado. They were amazed at its beauty and unusual interest. Some giant trees of the forest that once graced the mountain slopes with all their beauty - but now many of these trees are dead. The naturalists tell us that some of these trees are more than 500 years old. Some say they were here when Columbus discovered our land already

Assistant Run Film  
 Replay Life Back slow motion  
 Habits Broken Rules of Life  
 Stepped out of Bounds  
 Hunt them -  
 unclean -  
 Rightful Holy things  
 Distroy to Mother  
 Father -  
 111

top hall  
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 lied. They were victims of this little but  
 that. Sometimes it is not the great, and  
 important.

little choices, the little habits that  
 an individual.

Notice sometimes the door in your home. You look at that little hinge  
 on which it swings. The door is large and many times heavier than the hinge.  
 But the hinge has an important task to perform.

The same thing is true with those little habits in your life. If those  
 little habits do not swing you towards weekly public worship, daily devotions,  
 those little habits may be bad and broken as the hinge on the door which no  
 longer carries the door to its destiny. Your destiny hinges on the little  
 choices - the little decisions which you make.



full grown. For several hundred years they have with stood the snow and the storms. They have been hit by lightning. And they have been exposed to land slides - but the trees have dug in deeper at the root and lived on. Then something happened, they tell us. That you could not understand without a careful investigation - a little beetle that even a child could crush with only one finger had slipped under the bark and quietly begun it's deadly work. What lightning, storms, and fires could not do - this little insignificant insect was able to do. Many of the trees died. They were victims of this little but mighty force at work. Life is like that. Sometimes it is not the great, and mighty showy things that are most important.

It is the little decisions, the little choices, the little habits that can completely change the destiny of an individual.

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The same thing is true with those little habits in your life. If those little habits do not swing you towards weekly public worship, daily devotions, those little habits may be bad and broken as the hinge on the door which no longer carries the door to its destiny. Your destiny hinges on the little choices - the little decisions which you make.