

“ Changing Habits ”

By William Sutton

Psalm 25:

“ To you, O Lord, I lift up my soul.

O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me. Do not let those who wait for you be put to shame; let them be ashamed who are wantonly treacherous.

Make me to know your ways, O Lord; teach me your paths.

Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.”

All the “How To” books and the “Life Changing” Gurus say that it takes 30 days to change bad habits. But it can take a lifetime, or never, if the attitude of the person desiring change is not focused on the change, but instead on the “bad habit”. People dwell on things that are wrong and get lost in the process of change. So what does one do if they really feel the need to make a change in their life, especially their “spiritual life”.

- The writer of Psalm 25 says he turns to God and waits for Him “every day”.
- He “lifts up his soul to the Lord”. To bare your soul is to be the most open and vulnerable you can be with anyone.
- He “trusts in God not to let him down”. He knows that God always keeps His promises, but it is man that falls short many times in keeping their word.
- He asks God to protect him from his enemies, which includes the “bad habits” he is trying to avoid.
- He asks God to “be his guide in this time of need” and for God to “teach him what is required to make the right choices”.
- But we are not to put our request to God and then continue to do what we please, or continue the bad habit, but to be involved in the process of change. As we “wait all day long” we must be in “partnership with God” and keep reminding ourselves that we are looking for the blessing of God and it comes to those that “wait”.

So what needs changing – **Ask God to show you.** Continue to include this prayer each day and God will reveal who He wants you to be.