

# Habits for a Healthy Home

## WinterQuest 2012

Habit – an acquired behavior pattern regularly followed until it has become almost involuntary.

### We want to look at a habit of giving thanks.

This is what the Bible says about habitual thanks.

Romans 1:18-21

When men do not give thanks their minds are futile and their actions become foolish. The giving of thanks encourage: 1) recurring gratefulness, 2) glorifying God, and 3) a daily awareness of blessings.

Philippians 4:6

We are to be giving thanks to God in spirit and in word throughout our prayers to him.

1 Thessalonians 5:18

We are to give thanks in every circumstance that we deal with.

Job 1:21

We are to be aware that our lives are blessed and guided by God's love and kindness.

Hebrews 13:15

We are to continually offer sacrifices of praise to God because of Jesus.

### Paul's Inspired Comments on the Habit of Thanks

Ephesians 1:16

I have not stopped giving thanks for you, remembering you in my prayers.

Ephesians 5:20

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Colossians 3:17

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Revelation 4:9

Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before him who sits on the throne, and worship him who lives for ever and ever. They lay their crowns before the throne and say: "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."

## What can we do to develop a habit of giving thanks toward a healthy home?

1. **Begin a prayer journal for thanks...**
  - A. This helps you to name your blessings
  - B. This helps you to be consciously aware of how God is working in your life
  - C. This helps you to look back over the weeks and months at how God is watching over your life
  - D. This enables your prayer life to be seen in front of you as you watch God work.
  
2. **Read one Bible story a day and journal how it impacts you...**
  - A. This process keeps you stay active on God's nature and God's actions.
  - B. This process causes us to meditate on God's Word and be thankful for it.
  - C. This process strengthens our "inner man" because we are thinking about God's Word.  
Phil 4:8; Eph 3:14-17
  - D. This process leads us to give thanks for the Holy Spirit and the gift of scriptures.
  
3. **"Wash" someone's feet everyday and journal what you did... (John 13)**
  - A. This process of washing feet (dad, mom, sibling, friend, church member) pulls us out of our own selfish world and into other's needs.
  - B. Washing someone's feet puts us in the feet, heart and actions of Jesus (Phil. 2:5).
  - C. This action reveals Christ in our lives and encourages us to give thanks for Jesus' actions toward us.
  - D. This action keeps us aware of the blessing and joy of serving other people.
  - E. This process keeps us humanly humble and spiritually like Jesus.