

Luke 12:23

Life is more than food, and the body is more than clothing.

Habits can be a good thing or a bad thing. Think of when you first were learning how to drive a car. You had to think about stepping on the gas pedal, and how far down you would press it to move without jerking the car. You also had to think about when you would press on the brake and learn how to do so, so that others would not fly through the windshield because you hit the brakes too hard. Now, all of those things come naturally when you drive. Think about the last time you drove. Do you remember stepping on the gas pedal, or the brake? Do you remember turning your blinker on? No, because they are normal things in life that you learned, kind of like a habit.

What about your job, when you first started learning what you do now, you started out slowly, learning the ropes and how to actually do your job. Now you can do it with your eyes closed. (Unless you are a taxi or bus driver lol)

In today's verse, Jesus says that, *"Life is more than food, and the body is more than clothing."* So things like breathing and eating become natural, because we are born with those things built into us, and how quickly did we learn to dress ourselves so that habit of dressing everyday and eating becomes life to us.

But then there are other things that you didn't need to learn, but rather you fell into that are not good for you, and they have become bad habits. Some fall into porn, it may have started out with something innocent, like what you saw in a movie, and you were not expecting to see sex and nudity, now it seems you can't stop watching it, and it has become a bad habit and a sin that you can't seem to get rid of.

What about drinking or smoking cigarettes, when people first start drinking or smoking, the taste of alcohol was disgusting, but now they enjoy the taste of what was once disgusting to them. Or smoking, remember that first inhale of smoke and how it made you cough, now you cough because you want another cigarette. So what is destroying your body physically, your body thinks that it can't do without, and it's another bad habit that's destroying you.

With all that in mind, even though reading God's word and praying (Simply talking to God) should be natural, just like it's natural for a child to talk to its parent, we somehow have to learn how to do so with God. Some simply don't like to read, others will say, *"I don't know what to say when I pray to God"* Yet you can talk for hours with your best friend on the phone who lives in another state finding all sorts of things to talk about, or you can ? Or you can spend your evenings staring at your phone reading posts on social media?

But just like everything else, once you start reading God's word on a daily basis, and praying on a daily basis, even if it's at the same time each day, and dare I say, it becomes a habit, it soon will no longer be a habit, but it will start to become natural, to the point that you don't have to think about it, you just do it. It will be that your spirit will get hunger pains for the word of God,

just like when your body gets hungry and tells you that it needs food, your spirit tells you that it too needs that substance, which is God's word.

So what's the answer to these things that are bad for you that you have turned into a habit? It may be as simple as what you have been doing as a bad habit, you simply start doing less and less of, to the point that you make it a habit not to do it anymore. And the things that you need to make a habit (reading God's word and praying) you use to replace those old bad habits, with the good habits. Think of it as drinking less and less each day, and replace each drink with maybe a chapter in God's word instead, or smoke less and less cigarettes each day, and replace each cigarette with a Psalm.

So what better habit to fall into then talking to your Heavenly Father, His Son Jesus and reading His word every day. Now that's a habit I can't live without, more so then the air I breath or the food I eat.

- † **Daniel 6:10b** *And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.*
- † **Psalm 119:140** *Your word is very pure; Therefore Your servant loves it.*
- † **Job 23:12** *I have not departed from the commandment of His lips; I have treasured the words of His mouth More than my necessary food.*
- † **Psalm 5:2** *Give heed to the voice of my cry, My King and my God, For to You I will pray.*