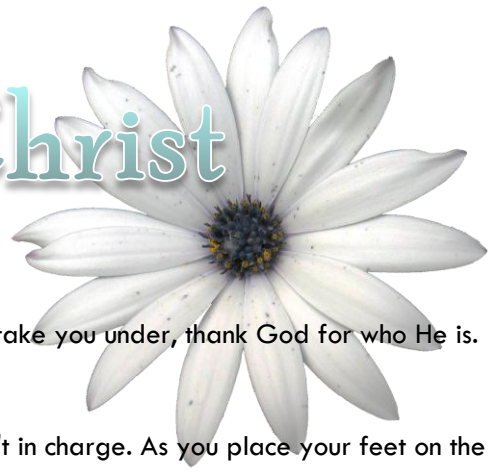


10 HABITS FOR LIVING complete in Christ



Thank before think.

Before covers roll back and feet hit floor, before it all rushes in and threatens to take you under, thank God for who He is.

Bring it!

As you swing legs out of bed, tell your circumstances and emotions that they aren't in charge. As you place your feet on the floor, bring your faith toe to toe with your day.

Practice your A-B-C's.

While pulling pants on and pushing arms through sleeves...while showering and dressing...while making your bed and brushing your morning teeth...practice your A-B-C's. Couple this practice with an existing daily habit and see if God's character doesn't begin to shape your life!

Plant seeds.

Each day, determine your three things. Keep moving. Take baby steps and do not despise the small things because God **loves** the small. He will cause a growth beyond your imaginings.

Set markers.

Break your day down into do-able chunks. A wall is built brick by brick, section by section. Give yourself plenty of opportunities for small victories. When you cross the finish line (an hour? a meal?), celebrate! Then start again. And remember, you are a SEAL in training!

Visualize.

When you visualize yourself succeeding, your brain is activated in the same way as actually doing it. You are setting yourself up to win when you visualize.

Speak aloud.

Speak **I can** and **I will** statements. Here are a few to get you started:

I can do all things through Christ who gives me strength.—PHILIPPIANS 4:13

I will rely on the grace of God, which enables me at all times, in every circumstance, for every good deed.—2 CORINTHIANS 9:8

I will believe God has given me all things pertaining to life and godliness regarding whatever I face today.—2 PETER 1:3

Fight fear.

Remember, friend, you have weapons and they will not fail you! Use your weapons of power...love...and a sound mind.

Tuck cards.

...into purses, Bibles, pockets, cupboards. Review. Renew. Memorize!

Get. back. up!

Failure is not the opposite of success. The righteous man falls seven times and rises again. So be righteous!

{The opposite of success is defeat and it is impossible for God's children to be defeated—He has already won on our behalf!}

So take a deep breath. Go ahead, deep breath! Everything is okay! There is grace to get back up. To start again. His mercies are new every single morning. Grace!

Tie these words as symbols on your hands.—DEUTERONOMY 6:8