





UPHILL HABITS

new direction for a new year

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**Most people have uphill
hopes and downhill
habits**

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God.

You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it.

Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. Romans 12:2 – MSG

HABIT #1

- Focus on what you do
first

HABIT #2

Control my thought life

**Everything begins with
my thoughts**

*Don't copy the behavior
and customs of this world,
but let God transform you
into a new person by
changing the way you
think. Romans 12:2 NLT –*

**What we think
determines how we feel**

*Finally brothers, whatever
is true, whatever is noble,
whatever is right, whatever
is pure, whatever is lovely,
whatever is admirable –*

*if anything is excellent or
praiseworthy—think about
such things...and the God
of peace will be with you.*

Philippians 4:8-9

**Our thoughts will
determine our destiny**

5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. Romans 8:5-6 NLT

Mastering the Habit

**1. Find a plan to control
my thoughts**

¹² For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit,

*between joint and marrow.
It exposes our innermost
thoughts and desires.
Hebrews 4:12*

**2. Find a place to think
my thoughts**

**3. Find people who will
stretch my thoughts**

*Let us think of ways to
motivate one another to
acts of love and good
deeds. Let us not neglect
our meeting together,*

*as some people do, but
let us encourage one
another - Hebrews
10:45-25 NLT*

4. Find a purpose to
land my thoughts

² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

*Then you will learn to
know God's will for you,
which is good and
pleasing and perfect.*

Romans 12:2 NLT

**5. Find a power to fuel
my thoughts**

*20 Now to Him who is able
to do exceedingly
abundantly above all that
we ask or think, according
to the power that works in
us, Ephesians 3:20 NKJV*

Apply to my life:

What will I do with my first 15 minutes of the day?

What habits will I incorporate into my morning that will change the way I think?



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