

## The Strength of Habits

### Description

Daniel 6:10-15

There is a special truth that can totally change the way that we live our lives, especially when we are trying to change or implement a new habit in our routine. It is not a special “life hack” or an expensive product, nor is it a groundbreaking strategy. It is simply the commitment to “show up.” Whether it is making the conscious decision to head to the gym, to walk into the classroom or meeting, or to attend the service, a huge portion of the battle has already been won by the mental effort to be physically present in the first place.

If we are committed to developing holy habits of heart and life, we must similarly be willing to “show up” in our actions, especially in our private moments with God. We can all recall moments or seasons in our spiritual journeys where our hearts and spirits just don’t feel like taking time to pray or open the Word.

However, if we are faithful to simply showing up, to posture ourselves to hear from God, we can be fully confident that God will indeed meet us there.

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