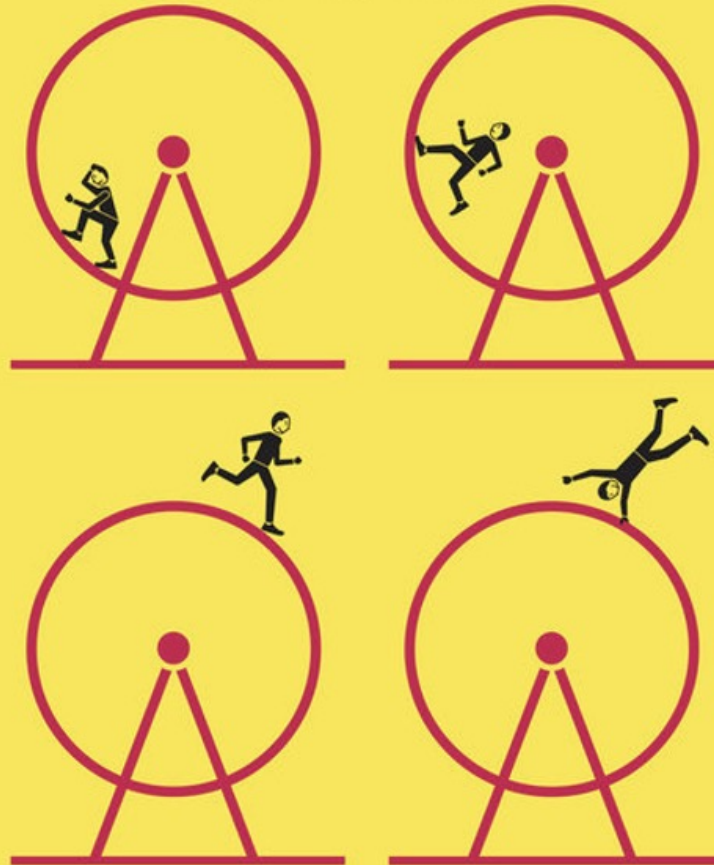


Healthy Heart Habits

THE POWER OF HABIT

*WHY WE DO WHAT WE DO
IN LIFE AND BUSINESS*



Charles Duhigg

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Put First Things First

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Let God's Word Be The Guide

Your word is a lamp to my feet
And a light to my path.

Engage In Scriptural Prayer

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

Build Up One Another

And let us consider one another in order to stir up love and good works,

Put Others First

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

Put Others First

Let each of you look out not only for his own interests, but also for the interests of others.

Have The Mind of Jesus

Let this mind be in you which was also
in Christ Jesus,



Heart
Healthy
Habits



Ask for
Help

Heart
Healthy
Habits

Ephesians 6:18 (NKJV)

¹⁸ ***praying always*** with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication ***for all the saints***—

and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel,

Only Luke is with me. ***Get Mark*** and bring him with you, ***for he is useful to me*** for ministry.

So Philip ran to him, and heard him reading the prophet Isaiah, and said, “Do you understand what you are reading?” And he said, **“How can I, unless someone guides me?”** And he asked Philip to come up and sit with him.



Ask for
Help

Heart
Healthy
Habits

Take care
of yourself



And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.



A man who carries a cat by the tail learns something he can learn in no other way.

~Mark Twain



Why should you be stricken again?
You will revolt more and more.
The whole head is sick,
And the whole heart faints.

From the sole of the foot even to the head,
There is no soundness in it,
But wounds and bruises and putrefying sores;
They have not been closed or bound up,
Or soothed with ointment.

The ear that hears the ***rebukes of life***
Will abide among the wise.





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Charles Meryon, La Rue des Mauvais Garçons, Paris (The Street of the Bad Boys), 1854, NGA 9081.jpg

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He who walks with wise men will be wise,
But the companion of fools will be
destroyed.

Do not be deceived:

“Evil company corrupts good habits.”

Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.



Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified.



Keep your heart with all diligence,
For out of it spring the issues of life.

Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.



Manage
your
feelings

Take care
of yourself

Manage your
environment

Monitor
yourself

Learn From
Experience

Manage
your thoughts

Ask for
Help

Heart
Healthy
Habits

A fool vents all his feelings,
But a wise man holds them back.

“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also.

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.



Noah spent over a hundred years preparing for a little over a year on the Ark.

Moses spent 40 years
preparing in the wilderness
for another 40 years of
ministry.

Jesus spent 30 years
preparing for 3-1/2 years of
ministry.

We need to prepare ourselves.

But the day of the Lord will come as a thief in the night, in which the heavens will pass away with a great noise, and the elements will melt with fervent heat; both the earth and the works that are in it will be burned up.