

HABITS OF THE DAY DAN. 6:10-11

Proverbs 27:1 Boast not thyself of to morrow; for thou knowest not what a **day** may bring forth.

Psalms 118:24 This is the **day** which the LORD hath made; we will rejoice and be glad in it.

We are **not** what we **believe**.

We are what we **love** (love to do & do for love)

We love, and **only** love, what we **repeatedly do!** (our habits, customs, rituals, rhythms)

Where does this take us?

I. Habits for spiritual purposes

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber **toward Jerusalem**, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, **as he did aforetime**.

Daniel 6:11 Then these men assembled, and found Daniel praying and making supplication before his God.

Daniel:

- **Developed godly habits**
- **Based on Scripture**

1 Kings 8:46 If they sin against thee, (for there is no man that sinneth not,) and thou be angry with them, and deliver them to the enemy, so that they carry them away captives unto the land of the enemy, far or near; 1 Kings 8:47 Yet **if** they shall bethink themselves in the land whither they were carried captives, and repent, and make supplication unto thee in the land of them that carried them captives, saying, We have sinned, and have done perversely, we have committed wickedness; 1 Kings 8:48 And so return unto thee with all their heart, and with all their soul, in the land of their enemies, which led them away captive, **and pray unto thee toward their land, which thou gavest unto their fathers, the city which thou hast chosen, and the house which I have built for thy name: 1 Kings 8:40** That they may fear thee all the days that they live in the land which thou gavest unto our fathers. 1 Kings 8:50 And forgive thy people that have sinned against thee, and all their transgressions wherein they have transgressed against thee, and give them compassion before them who carried them captive, that they may have compassion on them: 1 Kings 8:51 For they be thy people, and thine inheritance, which thou broughtest forth out of Egypt, from the midst of the furnace of iron: 1 Kings 8:52 That thine eyes may be open unto the supplication of thy servant, and unto the supplication of thy people Israel, to hearken unto them in all that they call for unto thee. 1 Kings 8:53 For thou didst separate them from among all the people of the earth, to be thine inheritance, as thou spakest by the hand of Moses thy servant, when thou broughtest our fathers out of Egypt, O Lord GOD.

Jeremiah 29:1 Now these are the words of the letter that Jeremiah the prophet sent from Jerusalem unto the residue of the elders which were carried away captives, and to the priests, and to the prophets, and to all the people whom Nebuchadnezzar had carried away captive from Jerusalem to Babylon; Jeremiah 29:12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. Jeremiah 29:13 And ye shall seek me, and find me, when ye shall search for me with all your heart. Jeremiah 29:14 And I will be found of you, saith the LORD: and I will turn away your captivity, and I will gather you from all the nations, and from all the places whither I have driven you, saith the LORD; and I will bring you again into the place whence I caused you to be carried away captive.

- **That became who he was**
- **That were part of / the rhythms of his life**
- **That he practiced - joyfully!**

I'm going to **assume** a dialectical process happens to us all.

The habits I'm referring to focus on orientation & reorientation.

These purposes are quite simple, adaptable, expandable & even collapsible!

Psalm 118:24 This is the day which the LORD hath made; we will rejoice and be glad in it.

Romans 11:36 For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.

1 Chronicles 29:11 Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all.

1 Chronicles 29:14 But who am I, and what is my people, that we should be able to offer so willingly after this sort? for all things come of thee, and of thine own have we given thee. **1 Chronicles 29:15** For we are strangers before thee, and sojourners, as were all our fathers: our days on the earth are as a shadow, and there is none abiding. **1 Chronicles 29:16** O LORD our God, all this store that we have prepared to build thee an house for thine holy name cometh of thine hand, and is all thine own.

Psalm 55:17 Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

Matthew 6:9-13 After this manner therefore pray ye:

Our Father which art in heaven,

Hallowed be thy name.

Thy kingdom come.

Thy will be done in earth,

as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, **as** we forgive our debtors.

And lead us not into temptation,

but deliver us from evil:

For thine is the kingdom, and the power, and the glory, for ever. Amen.

II. Habits at specific times

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his **knees three times a day**, and prayed, and gave thanks before his God, as he did aforetime.

Psalm 55:16 As for me, I will call upon God; and the LORD shall save me. **Psalm 55:17** **Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.**

Thoughts:

- **These are rhythms not OCD behavior – which has **no** benefit!**
- **This deals with life and the day's tendencies toward distraction / disorientation.**
- **This need not be long.**
- **This can be combined with other practices (quiet time, Bible study).**
- **This must begin **first** thing with orientation → so morning! (Always according to the person / available time / responsibilities...)**

The possibilities are nearly endless: 3-4 chapters of Scripture, Lord's Prayer, devotional, a beginning verse...
What are some **other** possibilities?

- **The habit is much more significant than the specifics (I like my way of doing it better than your way of not doing it!)**

- **This means reorientation sometime mid-day**

Again the possibilities are nearly endless as is the flexibility!

| Suggestions: | | |
|---------------------|-----------------------|--|
| Proverb a day | meditation | |
| Psalm a day | Time of thanks | |
| prayer | 30 seconds to an hour | |

- **This should not be added to your schedule but become part of your schedule naturally**

| Reorientation Verses: | | |
|------------------------------|---------------|----------------|
| Rom. 11:36 | Deut. 29:29 | Psalm 118:24 |
| 1 Cor. 10:31 | 2 Cor. 13:14 | Gal. 2:20 |
| Gal.6:14 | Eph.1:3 | Col. 3:17,23 |
| Rom.8:18 | Rom. 8:28 | 2 Cor.4:17,18 |
| Heb. 13:20-21 | 1 Pet.4:10-11 | 1 Pet. 5:10-11 |
| Rev. 4:11 | | |

- **This also requires a new orientation in the evening / at night**

LAST THOUGHT, FIRST THOUGHT

REMEMBER: THE MOST IMPORTANT PART OF THE DAY IS THE NIGHT BEFORE!

III. Habits with a physical component

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; **and his windows being open** in his chamber toward Jerusalem, **he kneeled upon his knees** three times a day, and prayed, and gave thanks before his God, as he did aforetime.

1 Kings 8:54 And it was so, that when Solomon had made an end of praying all this prayer and supplication unto the LORD, **he arose from before the altar of the LORD, from kneeling on his knees with his hands spread up to heaven.**

Ezra 9:5 And at the evening sacrifice I arose up from my heaviness; **and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the LORD my God,**

Psalms 95:6 O come, let us worship **and bow down: let us kneel** before the LORD our maker.

Mark 11:25 **And when ye stand praying,** forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. **Mark 11:26** But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.

John 17:1 These words spake Jesus, **and lifted up his eyes to heaven,** and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:

- **This is the most significant idea**
- **Apart from this there will be no habits**
- **Change of time, place / location, and activity is essential**
- **The kneeling on his knees with the window that had to be opened**

➤ **All habits have a tactile component (good and bad)**