

# **“ALIGN YOUR HABITS”**

## **“Realignment: Habits that Get You Back on Track” - Part 3**

January 25, 2026

**Galatians 6:7–9** <sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (NLT)

**Small habits practiced consistently shape the direction of your life.**

### **4 Intentional Habit Shifts**

#### **1. Be intentional about your habits.**

**Proverbs 4:25–27** <sup>25</sup> Look straight ahead, and fix your eyes on what lies before you. <sup>26</sup> Mark out a straight path for your feet; stay on the safe path. <sup>27</sup> Don't get sidetracked; keep your feet from following evil. (NLT)

**I Corinthians 9:26-27** <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. (NLT)

#### **2. Remove what makes bad habits easy.**

**Hebrews 12:1** “let us strip off every weight that slows us down...” (NLT)

**Matthew 26:41** “The spirit is willing, but the body is weak.” (NLT)

**Make the wrong thing harder and the right thing easier.**

### **3. Replace old habits with better ones.**

**Ephesians 4:21-24** <sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy. (NLT)

**Matthew 12:43 - 45** <sup>43</sup> “When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. <sup>44</sup> Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order. <sup>45</sup> Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. That will be the experience of this evil generation.” (NLT)

### **4. Invite accountability and community.**

**Ecclesiastes 4:9–10** <sup>9</sup> Two people are better off than one, for they can help each other succeed. <sup>10</sup> If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. (NLT)