

QUICK START GUIDE:

ESTABLISHING HABITS THAT PLEASE CHRIST

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THINK ABOUT IT

At least 50% of the action you take in life is habitual.
Whether good or bad, engrained routines dominate your life.

Thoughtlessly you travel to work.

With no mental effort, you make coffee.

Without significant thought, you dress for work.

Routine drives your physical fitness.

Unfortunately, some Christians have only one Christ-oriented habit – church attendance.

Is Christianity intended to be a compartment of your life? We pigeonhole work, social activity, hobbies, rest, and sports interests. Is Christ similar? If he is settled in a carefully constructed box for a few hours each week, is he your Lord?

YOU CAN ALREADY ANSWER THAT QUESTION!

Would you like for things to be different? They can!

You can establish habits that make your Christian life vibrant. This *Quick Study Guide* shows you how to get it done and introduces seven practices you should habitually practice.

1. DECIDE YOU WILL

Deciding - I mean, really making-up-your-mind is half the battle. Nobody can make these choices for you. So a halfway commitment is a failure before you start.

2. UNDERSTAND HABITS

A habit is a behavior your brain has learned to produce without thought. For example, it may require thought for you to get up off the couch and get on the treadmill. But did it require thought for you to sit down? Probably not!

New habits do not form overnight. They result from repetition. Different circumstances and benefits determine how long it takes to establish a practice. An example is that it will take fewer days to develop a habit of eating a Hershey's candy bar each day than it will for daily exercise.

Some habits are established in 21 days. But to be sure, why don't you plan for a 50-day battle to establish God-habits.

3. DAILY THINGS

There are seven things the New Testament either mentions someone doing daily or gives specific instruction to do these things. None of the seven are unreasonable.

All seven practices will require some time, thought, and effort. But if you want to make a difference for Christ, it is worth the effort.

4. WHERE TO START

Establishing seven new habits at one time is unrealistic. So let's start one routine that is mainly spiritual and mental. Paul wrote, "I die daily" (1 Corinthians 15:31).

To carry this out, die to your self-oriented desires early in the day, every day. Most un-Christlike behavior among Christians is driven by what the Bible calls *carnality* or what *pertains to the flesh*.

Your flesh will want to hit the snooze button rather than get up a bit early to ask the Father for daily bread. Ignoring that desire is how you cause what the flesh wants to die. You will make such decisions every day.

Can you now see why "I die daily" must come first?

5. DAILY BREAD

“... give us this day our daily bread,” was part of Christ’s teaching on prayer. You can establish a habit of prayer at the same time you are learning to die daily.

Your appeal for daily bread indicates several things:

1. Your reliance on the Father
2. Bread from last Sunday is not adequate for today
3. Each day, we appeal to the Lord Jesus Christ for that which is accessible to all
4. That you will be content with the simple blessings of God.

6. DAILY PURPOSE

Christ’s cross fulfilled His purpose.

- Not miracles
- Not speaking as one having authority
- Not raising the dead

HIS CROSS!

The experience of the cross was the purpose for which God was manifest in the flesh.

Christ said, "If any man will come after me, let him take up **his cross** daily . . ." (Luke 9:23). Likewise, all His followers are to take up their personal cross. So then, what is your purpose?

Is it not time for you to determine your purpose? What is your motivational gift as addressed in Romans 12:8-10? What is your passion? What is your talent?

God wasted nothing in creating the unique you. First, find your purpose, then fulfill it every day.

7. DAILY BIBLE STUDY

The residents of the small town of Berea listened to Paul teach. They then went home and studied the Word of God for themselves. Luke said the Bereans were daily in the Word (Acts 17:11).

Daily Bible Study is something every Christian should do. Your study need not be strenuous. You can engage one paragraph of the Bible each day. A free guide for thoroughly examining a paragraph of the Bible is [here](#).

Study is more than a cursory reading. It is to ask questions about the text and then research until you find answers. You can study most paragraphs during a few minutes of your lunch hour.

8. DAILY UNITY

The first church was in *one accord* and had a *singleness of heart* (Acts 2:46). However, it did not mean every believer was active in the same way. No more than the members of a four-piece band all sound alike. Each instrument has a unique sound and purpose.

But the different sounds of the four-piece band are not discordant. Instead, the various instruments complement each other. No musician gets to “do their own thing.” Similarly, unity requires surrendering your plan for the greater good. Today, look for ways to unify with others in the body of Christ.

9. DAILY EVANGELISM

The disciples prioritized evangelism. The book of Acts has several stories about individuals winning others to Christ. But the limited accounts cannot thoroughly explain what it took to fill Jerusalem with the doctrine of Christ (Acts 5:28).

Each spirit-filled believer is empowered to witness. “Ye shall receive power after the Holy Ghost is come upon you and shall be witnesses unto me . . .,” (Acts 1:8). With the innumerable lost people about, each day provides an opportunity to share the good news of Christ.

So, who will you tell today? Make it a habit. Don't go to bed without telling someone about Jesus Christ.

10. DAILY EXHORTATION

Exhortation is last because it is the most challenging of daily things. However, exhortation does include the idea of encouragement, which is easy. What is more difficult is the redirecting or coaching that is also part of exhorting others.

We are instructed, “. . . exhort one another daily, while it is called today” (Hebrews 3:13). Therefore, regardless of your level of Christian maturity, find someone to encourage each day.

Those who have gained wisdom and can graciously and humbly help others are to give attention to coaching them toward a better life.

This Quick Start Guide touches the tip of the iceberg of my latest book on the *Daily Things of Christian Living*. This 30th-anniversary update of my first book provides in-depth instruction. Each chapter ends with several suggestions for application.

The *Leader's Guide to Daily Things of Christian Living* – This book is designed to use while leading a small group. It provides suggestions for discussion and application.

Large Print *Daily Things of Christian Living*

Audiobook *Daily Things of Christian Living*

Living the Daily Life – 50-day Devotional to accompany Daily Things

The Teachable Daily Things of Christian Living – This material is ready to be taught in a youth or adult classroom. It includes Teacher and Student notes.

Is your appetite whetted for more? Much more?

My entire Growing in Christ series can be yours at a 30% discount AND *FREE SHIPPING* in the U.S.A.

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