

## Letting Old Habits Die Easy!

*“Therefore if any man be in Christ, he is a new creature:  
old things are passed away; behold, all things are become new.”  
2 Corinthians 5:17*

“Old habits die hard” is the old saying that has been around for a long time. Why do you suppose that saying has been true? I propose that it is because it requires a “*conscious change*” which requires “*conscious action*”. To get rid of an old habit...establish a new one!

To be *conscious* is to be aware. To change a habit we must first become consciously aware of the habit we choose to change, do some conscious “*self talk*”, and then take action to change the habit. Let’s look at an example:

Habit	Leave dirty dishes on the counter top
Result	A pile of dirty dishes with hardened food substances; a messy kitchen.
Thought	“Rinse your dishes when you go into the kitchen and place them in the dishwasher (dishpan). When there are enough dishes in the pan, wash them.” (Self Talk)
Action	Rinsed or washed dishes
Result	No hardened food residue on the dishes. A less messy kitchen. A HABIT CHANGE!

DO THE SELF TALK and you can talk yourself into change! For example: If you find that you procrastinate, talk to yourself every time you become aware of your tendency to “put something off” and change the thought of “*Do it later*” to “*Do it now!*”

John Randolph Price, author of several books, writes: “*Your outer world of form and experience is a reflection of your inner world of thoughts and feelings. As above, so below. As within, so without. That is the law.*”

I propose that a habit can “*die easy*” if we become aware of our thought-action process and make a conscious choice to change the habit by creating a more fulfilling habit.

What would happen if you changed your thinking habits? It follows that there would be a change in your resulting experiences. Why not try it?

If you’ve been in the habit of thinking “*I’m just able to make ends meet*”, why not change the thought to “*Thank you God for all that I have and for the increase.*”

If you’ve been in the habit of thinking “*It’s just the way I am*”, why not try a new habit of thinking “*I am a glorious, creative being, enjoying a new adventure of life as I try something different.*”

If you’ve been in the habit of thinking “*I can’t*”, why not get into the habit of thinking “*Yes I can! I can do all things through the power of Christ within me.*”

If you’ve been in the habit of thinking “*It’s always been that way*”, why not try the new habit of thinking “*There’s a new and exciting way just waiting to be tried!*”

Old habits die hard because we won’t let go. Old habits die hard because we keep thinking the thoughts that keep creating the experience. Old habits die hard because we think it so. Some habits may be tough and stubborn and may take a little longer to change, but with faith and the consistency of “self talk” followed by authentic action the new habit will replace the old habit....*easily*. You have the power. You have the strength. Because..... “*Greater is he that is in you, than he that is in the world.*” (1 John 4:4)

Be encouraged. Let the awesome power within you come forth and be expressed as the “new creature”, that the new habits will create. Let the “old” pass gently away and “*let all things become new!*”

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**Rev. Linda Poole Kennedy**

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Let this thought be a guiding support:

I AM A CREATIVE BEING CREATING A NEW FULFILLING HABIT  
OF MANIFESTING ABUNDANT GOOD IN MY LIFE, RIGHT NOW!"

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