

Does the Bible teach Christians to have habits?

The answer is YES!

Scripture teaches us that certain spiritual habits greatly strengthen a believer's faith.

So, what is a habit?

A habit is anything a person does repeatedly — a continuous personal discipline.

Not every habit is good, but there are a few that are essential. Today we look at one habit that every Christian must have:

1. Gathering Together

This is the first and foundational habit the Bible affirms. Gathering together in worship, seminars, and Christian meetings should be the regular lifestyle of every believer. It should not be something you do today and skip tomorrow. It is a spiritual discipline.

The Bible commands us to make it our habit:

“Not forsaking the assembling of ourselves together, as is the habit of some, but exhorting one another; and so much the more as you see the Day approaching.”

(Hebrews 10:25)

Do you see that?

There were believers whose habit (desturi) was to gather, and Scripture tells us to do the same. Gathering with the church is meant to be a continual practice.

Attending worship should not depend on how you feel. Whether you feel strong or weak, encouraged or tired, gathering must remain your habit. The enemy blinds believers into thinking that attending worship is optional and based on moods, but Scripture shows it is a spiritual habit that brings blessing.

Satan often attacks this habit by giving excuses to keep believers away from fellowship. Below are four excuses from the enemy that destroy your good habit of gathering with others:

1. “I AM TIRED”

This is the first excuse you must reject.

You go to work tired, yet you do not stay home. In the same way, if work has become your daily habit, then gathering in God’s house must also become your holy habit.

2. “I AM SICK”

This is another powerful excuse the enemy uses.

Do not stop attending worship because of sickness. You do not go to church to increase sickness — you go to receive healing. The sickness came from the enemy, and the presence of God is a place of deliverance.

If you can get up and go to the hospital when sick, why not rise and go to church where God heals?

“For I am the LORD who heals you.”

(Exodus 15:26)

3. “IT IS RAINING”

Rain should not stop you from attending worship.

Buy an umbrella or a raincoat, and make up your mind that whether rain or sunshine, you must gather with God’s people.

Rain does not stop you from seeking physical provision — why should it stop you from seeking spiritual nourishment?

4. “EMERGENCIES”

Emergencies often arise right when it is time for worship. These may be work-related, family-related, or other interruptions.

Some people easily abandon worship for any request, even though they would never break their work schedule for the same reason. They honor their earthly work more than the worship of God.

Reject such excuses — they will destroy your holy habit.

Many other excuses exist, but these are the most common. Reject them, and build a consistent spiritual habit.

Perhaps your habit has already been damaged, but the Lord is calling you today. That is why you are reading this message. Begin by asking God for mercy, then rebuild this beautiful spiritual discipline.

Set a schedule for worship that does not change.

This habit has already been approved by the Holy Spirit — we do not need visions or special revelations to attend church. Scripture already commands it.

“I was glad when they said unto me, ‘Let us go into the house of the LORD.’”

(Psalm 122:1)

Build This Habit — It Will Keep Your Spiritual Life Strong

Maranatha!

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