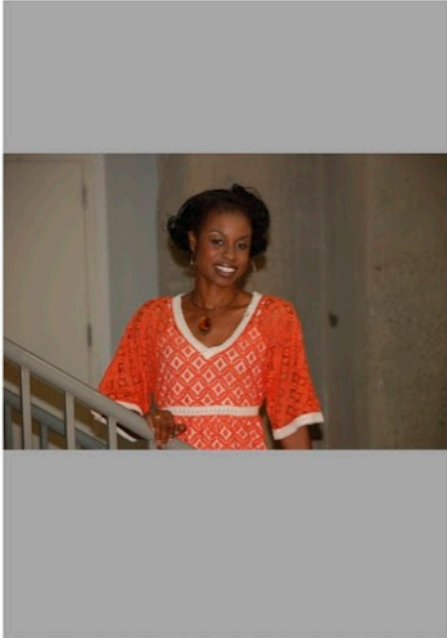


Kick the Habit

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**YOU DIDN'T RECEIVE A SPIRIT OF
SLAVERY TO LEAD YOU BACK
AGAIN INTO FEAR, BUT YOU
RECEIVED A SPIRIT THAT SHOWS
YOU ARE ADOPTED AS HIS
CHILDREN. WITH THIS SPIRIT, WE
CRY, "ABBA, FATHER."
ROMANS 8:15**

Worry, Worry, & More Worry.

My habit of worrying was extreme and out of control. This worry would sometimes immobilize me and keep me from following through on great ideas or projects I began. I realized if I am going to complete my CD project in 2013, I had to finally learn to kick the worrying habit. Worrying has never been a healthy response but yet it was comfortable for me. So year after year, I've continued to worry.

Worrying may not be your vice, but if you have a habit you want to kick and you want to be more successful, I pray these three principles will be the key to kicking the habits crippling you.

1) Identify The Real Issue.

I realized worrying was a symptom of the real issue. My real problem was constantly feeling offended by people. It did not matter if someone intended to offend me or not. I would continuously find reasons to be offended by anyone. This constant state of offense lead to worrying about when would be the next time this person would seek to offend me again. It was a self-fulfilling prophecy and a noxious living environment.

I decided to do the exact opposite of being offended by everything. And by doing so, being offended by anyone, for any reason, no longer has power over me. It does not matter what you do or say, I will not be offended. I will continue to love you and always move forward. Is this the easy answer? Not by a long shot. Is this necessary for me to be successful? Absolutely!

2) Focus on the Main Thing.

I have centered myself on following God's will. Ultimately, I am under God's authority and I proudly bear the responsibility of representing Him the way He wants me to. When I thought about my situation, I realized there is really no point in me worrying about any potential harm that could come from what someone says or does. My job is to focus on my mission. My mission is to "influence culture for the kingdom". Every environment I enter will change and get brighter because I am carrying the Brightest Light within me. The power of the Living God is unparalleled. And my only desire is to connect people with the Him.

3) Show Mercy – Receive Mercy.

In general, always showing mercy is the best choice. I'm not perfect. I have lots of shortcomings and make many, many mistakes. How can I ask someone to show me mercy, if I never extend mercy? More importantly, how can I expect God to keep giving me new mercy every morning if I don't show mercy to my brother or sister? It does not matter what you may try to do to me, say about me, or how you try to manipulate me; I will not be offended. I will show you mercy.

According to Romans 8:35-39 nothing can separate us from the love of Christ. It does not matter what happens on this earth, nothing and no one can separate us from the love of Christ. You and I will always have our loving Father, Jesus. As long as we have His love, we have everything we need. No potential danger will separate us from his love. We can have peace of mind day, after day, after day.

And furthermore, Romans 8:14-16 says I have no need to live in worry or fear of anything because when I accepted Jesus as my Lord, I became the daughter of the King. He loves me dearly. We have a deep and meaningful relationship that allows me to not only call Him my Lord; I can now call Him my Daddy or Father.

The realization of how much God loves me and will protect me is exactly how I kicked my habit of worrying. I pray this realization will also help you kick whatever habit has a detrimental hold on you. Now, go and kick your habit!

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Scripture from the Common English Bible