

# **The Habits Notes**

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## **Chapter 1**

### **Say Hello to Freedom**

When God laid it in my heart a while back to put together this e-book, I strongly believe that he had you in mind. So, contrary to what you might think

God doesn't hate you because of what you're struggling with. In fact, he loves you so much. He has already done something to save you from sin. He took the initiative before you were even born. So he wants you saved from sin.

There is no shame in realising that we need help in a particular area. So relax, take out your bible, pen and paper and let's have a blast!

So I want to welcome you on board, whether you have a habit or you want to help someone who does. I trust that as I share God's word, the Holy Spirit will reach you in way only he can. I know that everyone reading this who needs to be delivered from a bad habit will indeed be delivered in the name of Jesus.

I'll come to that in a bit. In the meantime however, I want to share an experience with you.

A while back, I struggled with a really bad habit- masturbation. I was never one to watch porn, but if you bring in those romance novels I was addicted to and add a creative imagination to the mix, it's just as deadly. I must tell you that I tried to stop several times, but found myself going back to my vomit. I mean, I loved the Lord. I was a Christian leader. People looked to me for counsel, but sin just won't let me be. I remember the tears and feeling that I had disappointed God several times over.

Today, I'm completely free. I'm not using myself as an example to make you feel like I have the power to help you. I want to point you to the one who does, I'm only mentioning it so that you can realize that what He did for me, he can do for you. Or more correctly, he is already doing in you.

## **Chapter 2**

### **The most important step**

What makes you a good person? What is it that makes you righteous? Let's say someone has no bad habits, would that such a person righteous before God? Not at all. Regardless of how disciplined a person might be, his righteousness counts for absolutely nothing as far as God is concerned. It doesn't matter how well behaved a dog is, he can't pass for a human being.

In fact, a human being who behaves like a dog has a better chance than a dog who behaves like a human being.

So righteousness is an issue of nature. For the man who is not in Christ, all his works of righteousness are like a filthy rag before God (Isa 64:6, Rom 3:10).

The most important thing is not habits, or the lack thereof, it is righteousness by faith in Jesus. When we believe in Jesus, and submit ourselves to the leading of the Holy Spirit, we do good because we have been made good by faith. We will talk more about that later.

But this is what I want to establish first; only one thing makes you good enough for God and it is not your behaviour. It is faith in Jesus.

I'm sure you know Romans 3:23. It says: "for all have sinned, and come short of the glory of God;" It's a very popular verse, one people use to conclude that everyone even the man in Christ is a sinner. But that is not what the text says at all. You can see the semi colon right after it. it means the writer isn't done yet. You can't fully get the gist from that alone. Verse 24 gives a clearer picture. It says: "Being justified freely by his grace through the redemption that is in Christ Jesus."

It's saying here that even though everyone is generically a sinner, the man who believes in Jesus is justified. He is declared 'not guilty.' He is not a sinner!

As soon as people hear stuff like this, the next thing they want to do is ask the 'are you questions'. 'Are you saying that we should keep sinning since we're righteous?' etc. I will answer those questions, but in the meantime, can we focus on what God's word says about the man in Christ?

These are verses of scripture that you must know by heart.

Joh 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Rom 6:23 For the wages of sin *is* death; but the gift of God *is* eternal life through Jesus Christ our Lord.

Eph 2:8,9

Eph 2:8 For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God:

Eph 2:9 Not of works, lest any man should boast.

Being sure of your eternal security is not a license to sin, in a way, it empowers you to live above sin. If you think you're a sinner, you're going to consistently do things consistent with the sinful nature, but when you know that you've been made righteous, you're empowered to live righteously.

## Chapter 3

### A Function of knowledge

*Why am I struggling?*

If you've ever asked yourself this question, then you're in the right company.

When you became born again, it was your spirit that was born again. Your body and your mind remained the same. That's why all your old thoughts didn't just disappear immediately. That's why your old longing didn't just vamoose overnight.

But I have good news for you! You are not a mind. You are not a body. Contrary to popular opinion, you are not a tripartite being. You have a mind, you have a body, but you are a spirit being. That's why you can put your mind and body under subjection.

**Rom 12:1:2:** "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God."

You put your body under subjection when you renew your mind. When it comes to the subject of sin, you must understand what your most important weapon is. It isn't taking an oath, or making up your mind to do the right thing; it is knowledge. Knowledge of the word.

**Act 20:32:** And now, brethren, I commend you to God, and to the **word of his grace**, which is able to build you up, and to give you an inheritance among all them which are sanctified.

If you're like me, I'm sure you've tried taking an oath several times...and failed regardless of all the curses you laid on yourself. Lol. Don't worry, you can't be cursed.

Dear brother, dear sister, it is coming to revelation knowledge about what Christ has done that enables you to live above sin. I hope you're fully awake because I want you to understand everything said here.

## KNOWING THAT SOMETHING IS WRONG DOESN'T STOP YOU FROM DOING IT

Imagine for example, what options a dog would have if he realizes one day that barking is a sin? He might want to stop, but when it all comes down to it, he's a dog, he's wired to bark.

The Apostle Paul, speaking about the old man in Romans 7:22 says: "For I delight in the law of God after the inward man..."

That's the case of the man without Christ. The more he desires to do good, the more he realizes that he can't. Verse 23 says: "But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members."

There seems to be a default setting within the carnal man that makes doing the right thing impossible. Even when he sets his sail in a particular direction, he is automatically redirected to do what he is configured to do.

This is the plight of the average man: "For we know that the law is spiritual: but I am carnal, SOLD under sin. For that which I do I allow not: for what I would, that do I not; but what I hate, that do I (Rom 7:13,14)."

The laws of Moses could not help man do the right thing (Heb 8:7), hence the need for a new commandment. How can RULES AND REGULATIONS, DOS AND DON'TS help a man that is engineered to do the very things that they forbid? They can't!

## A New Mechanism

The best laws can do is to restrain people who already have a disposition towards evil. That's why a new law was needed, a new mechanism that had the power to work in people and cause change.

The prophet Jeremiah prophesied about this new mechanism in Jer 31:31-33 "Behold, the days come, saith the LORD, that I will make a new covenant with the house of Israel, and with the house of Judah: Not according to the covenant that I made with their fathers in the day *that* I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the LORD: But this *shall be* the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people."

This text makes us aware that there is a new mechanism for doing God's will. It isn't the law of God written on stony tablets which the Israelites could not keep. Some people think that by telling people that something is wrong, they are helping them overcome it. Although very few people find it difficult to differentiate between right and wrong, most people know what the right thing is, but still can't do it.

As a child of God, now the laws of God are written in your heart. This is made clearer in Ezekiel 36:26: "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do *them*."

Now, it is God's spirit that works in you, causing you to will and to do of His good pleasure (Philippians 2:13). When you hear information like this, you must let it settle in your heart. You must keep meditating and insisting on it. When the old man tries to rear his ugly head, you must learn to tell yourself:

"That old man is dead, I am a new creature. I'm dead to sin. I cannot sin, because I have a new heart. God's spirit is working in me to will and to do of his good pleasure."

One of the most important prayers in the bible is in Ephesians 1: 15-19.

The Apostle Paul, said that as soon as he learned of the Ephesians' faith in the Jesus and their love for the Saints, he hadn't stopped praying for them.

What was this all important prayer? It was a prayer for knowledge. "That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints..." (Eph 1:17.18).

It is your knowledge of spiritual truths that influences your experience as a Christian. As important as your inheritance in Christ is, it profits you nothing if you don't know about it. The same mighty working power that raised Christ from the dead lives in you, but if you aren't established in that knowledge, you can't walk in it.

[The Bible in Colossians 1:9,10](#) also mirrors the same prayer. "For this cause we also, since the day we heard *it*, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God."

If you're going to be fruitful in your Christian walk, you must first grow in spiritual understanding. If there is an area where you're struggling, it is because you don't have enough 'knowledge' about what God's word says concerning it.

When you see something in your life that is not consistent with God's word, that is not the time to argue about the authenticity of the word. Instead, stay on the truth of God's word until your experience is aligned with the word.

I remember those days I told you about. Instead of focusing on simply condemning myself after a sinful act, I learned to get up and confess the word. Not to make excuses for myself, but to remind myself about why I don't have any excuse. "I won't always be like this. I am dead to sin. The grace of God teaches me to live above sin. I was made for good works."

After a while, I learned to be more proactive and confess the word as soon as an evil thought came. That's one thing you must learn to do. Squash that thought before it becomes an action. Don't let it bear fruit.

I want you to take a look at two bible verses, written by the same man, Apostle Paul. (Note that both letters were written to believers);

“Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new *man*, which is renewed in knowledge after the image of him that created him” (Col 3:9,10)

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;” (**Eph 4:22**).

Look again at both verses, and see if you can find something that looks like a contradiction. In Colossians, Paul says that we have put off the old man, but in Ephesians, he asks us to put off the old man. Did the Apostle contradict himself? Not at all!

In Colossians, Paul is talking about a legal provision i.e what our lot is spiritually.

In Ephesians, he is insisting that we make that legal position our vital provision. Say for example, you were put in prison, but by a judge’s order, you are set free. Legally, as soon as the judge signed that order, you were made free, even though you were still in prison. However for your freedom to become a vital, actual fact, you would need to be made aware of that order. So would your wardens and the prison authority.

It would be strange if anyone insists you’re still a prisoner because you’re still wearing prison clothes. If they do, you would be quick to point them to the document that says you’re free. That’s the same thing with living above sin, when you see any hint of the old man at work in you, you don’t accuse the word of now being true. No. Instead, you insist on the word until that legal provision becomes a vital reality.

IN SUMMARY, WHAT MUST YOU KNOW?

1. YOU ARE DEAD TO SIN
2. YOU HAVE BEEN CREATED FOR GOOD WORKS
3. SIN HAS NO POWER OVER YOU
4. THERE IS NO HABIT YOU CANNOT OVERCOME

## **Chapter 4**

### **The place of fellowship**

You want to stop drinking, yet your closest buddies love alcohol. That's not the way to go. You want to stop premarital sex, yet your friends don't see anything wrong with it. Stop saying it doesn't affect you. Bad company corrupts good manners.

Even the Apostle Peter fell into error when he spent time with the wrong people.

How much more you? When you make a mistake is not the time to run away from your church or pastor. Nobody leaves the hospital when they are sick. No one leaves school because they don't understand (some people do, but you get my point).

The purpose of you going to church is to experience progress and joy in the faith. If you went to a Christian school like mine, it probably wasn't difficult to be on fire when you were in school. It wasn't because there was something special on that ground. It was because there were programmes in place day in day out to keep God at the centre. If you're going to overcome that habit, you must watch the company you keep.

### **The process**

I cannot emphasize this enough. Someone who gets up after falling a hundred times is more likely to get to his destination than the one who remains on his butt because he fell.

Overcoming habits is a process, you might not always get it right, but you must keep moving. One day, sooner than you think, you're going to look back and not find those habits anymore. Faithful is he who has called you, he will sustain you till the end.

Keep learning. Keep getting up. Keep staying in the word.

Have something my pastor would refer to as 'Gutsy guilt.' Admitting that what you did is wrong, but remembering that you're forgiving. Sorrow for the wrong done, but not sin or guilt consciousness. One day, you will stand up, never to fall again.

## **Burn old bridges**

You've received the grace to work. Imagine that! You can overcome, because you've overcome. You can work out your salvation because God is working in you. Imagine God struggling to overcome a habit and failing! That's impossible! The spirit of God lives on your inside. It's impossible that you can't overcome that habit.

Now, you can make 'every effort.' Not by your power, but by His.

You can say 'No' to ungodliness. You can shut that computer screen when you're tempted. You can walk out of that bar.

But one thing I want you to do is to burn old bridges.

## **Right terms with discipline**

I am going to give an example of burning bridges. If you have a drinking problem and you know that you must drink if you visit a particular person, then stop going there.

If you know that the issue is sex and if you see that same guy or girl you can't hold yourself, stop meeting that person. Or at least, stop meeting the person alone. Get your spiritual friends to come along with you.

If you know that you masturbate when you're alone, then intentionally stay around people. This is not the major solution, because let's face it, there are times you'd be alone. But it is a good structure to put in place.

You must have noticed that I have spent most of the time talking about sinful habits. However, I would like to spend the next few minutes talking about habits that aren't necessarily sinful, but are weights 'nonetheless.'

One of my favourite shows to watch is my '600 pound life.' It centres around people who have eaten so much they weigh over 600 pounds. That's like 300kg. They didn't get that fat in one day. They kept eating until they didn't realize when they became slaves to food. Even though some of these people know that their weight is killing them they can't seem to stop eating unhealthy food.

Except it's your relationship with God, too much of anything is bad. Whether it's food or sleep, television or social media. A Christian has controlled desires. You are not a slave to anything. This is very important

because if you can't put your body under subjection when it comes to the little things, then how much more the big things.

Take a fast once in a while from food, social media or that thing that isn't bad, but you love so much.

When you don't give in to the flesh, you are more sensitive to the things of the spirit.

Another thing when it comes to overcoming habits like this is to put the right systems in place.

I realized late last year that I needed to lose weight. Post baby things formed part of the whole thing, but I must confess that I had really bad eating habits. When I made up my mind to lose weight, I decided that I would use a coach. Having a coach and being part of a weight loss class formed the right structure for me. It helped me remain accountable and stay on course.

If you have an eating problem, you need that kind structure. If you have an oversleeping problem, get a good alarm clock, get your friends to call you in the mornings. Too much social media? Give your modem out for a while.

### **In summary...**

1. The man is Christ is dead to sin.

This is already a legal reality. God sees you as righteous because of what Jesus did.

2. This becomes a vital reality as you grow in sanctification. Grace is not weak, it is not an excuse for sin. It is the only way of escape. You have the power to live above sin because by the free gift of righteousness, the same spirit that raised Christ from the dead now lives in you.

3. You grow in sanctification by spending time in prayer, fellowship and the study of God's word. The word of God has the capacity to change you. But you must stay with it and insist on it. God works in you, so you can work out your salvation. You are fighting a battle you have already won.

4. It's a process. Don't run away just because you don't see immediate change. Get up every time you fall.

Don't run away from serving God because you're imperfect. You need Christian fellowship to grow out of that habit

5. Burn the bridges, if there are weights leading you to that easily be setting sin, you must get rid of them (Heb 12:1)

6. You will comfort others with the same comfort. Mark my words, you will teach people the same things I'm teaching you now.

7. Be accountable. Christianity was never designed to be a one-man show. God's design for your growth is fellowship. Attend a bible believing church with the right doctrine. Join the work force. My whatsapp line is also available if you ever need to talk.

8. The right kind of discipline. Now that you know that it isn't discipline that makes you holy, you can have the right kind of discipline because you've been made holy. The same way you used to be a slave to sin and couldn't help yourself...that's the same way you are now a slave to righteousness. (Rom 8:12).

In fact, I want you to go back and study the entire Romans 8, but for now, let's look at these few verses.

**Rom 8:9** But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

**Rom 8:10** And if Christ *be* in you, the body *is* dead because of sin; but the Spirit *is* life because of righteousness.

**Rom 8:11** But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

### **Heirs with Christ**

**Rom 8:12** Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

**Rom 8:13** For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

**Rom 8:14** For as many as are led by the Spirit of God, they are the sons of God.

### **Never forget...**

Insist on the word. When you know that you're righteous, then you can act accordingly.

In your fight against habits, you've already won before you begun. Step up and take the victory.

You can work out your salvation because God is the one working in you, if he can't fail, how can you?

Someone who gets up after falling a hundred times is more likely to get to his destination than the one who remains on his butt because he fell.

Sanctification is a process, you won't always get it right. But you must keep moving. Faithful is he who has called you, he will sustain you till the end.

God loves you irrespective of your habits. He loves you so much he won't let you remain in them, that's why he has given you power over them.

Grace is not weak, by grace Jesus died for you to have eternal life. By Grace, his spirit lives in you to live above sin.

### **Tasks:**

Memorize every verse mentioned in today's lesson.

Write them out and confess them daily to yourself

I also want you to put together daily confessions based on all that you learned today.

Download the Triumph 30 app and listen to the following messages:

That old man  
Effortless fruitfulness

To build a culture of daily devotion, visit [www.mixlr.com](http://www.mixlr.com) and search for 'Triumph30 live' and join us for prayer at 6 a.m and 8 pm daily. You can also join live devotion on the triumph30 app.

## **Daily Confessions**

I am saved by grace through faith. The moment I believed in Jesus, I was made for heaven. I was made for good works.

Sin has no power over me, I am dead to sin.

I walk in righteousness. I experience progress and joy in my walk of sanctification.

You habit of ... You have no hold over me.

The same spirit that raised Christ from the dead lives in me. That spirit gives life to my mortal body.

I am quickened to walk in the newness of life.

I am seated with Christ in heavenly places, far above principalities and powers.

I am the workmanship of God in Christ Jesus. I am his brand. He recreated me for good works. I don't have a choice, I am a slave to righteousness.

His spirit works in me to will and do according to His good pleasure. I cannot fail in my victory over sin, because God cannot fail.

## **Thank you for reading...**

I've been where you are.

And now, I'm absolutely free.

You might say that you already know everything that is mentioned here.

But I want to show you something. If you get 70 percent in a subject, you can say you know the subject. But the person who got 100 also knows the subject. So does the person who scored 50 percent.

2 Peter 1:19 will help you better understand what I am saying:

And we have the word of the prophets made more certain, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts.

This is such an interesting analogy. The day is bright at 6:30 a.m. But that is nothing compared to how bright it usually is by 8:00 a.m.

That is the same with the word of God. You stay with it. Meditate on it. Confess it until the day dawns and the Day star arises in your heart.

Love and Prayers,

Laju Iren.