THE PURSUIT OF HOLINESS by Jerry Bridges

**Chapter Fourteen– “Habits of Holiness” -Romans 6:19**

**“I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your members as slaves to righteousness, resulting in sanctification (holiness).” (Romans 6:19NASB)**

*“The more we sin, the more we are inclined to sin…Every sin we commit reinforces the habit of sinning and makes it easier to sin. In the previous chapter we discussed the importance of guarding our minds and emotions, since these faculties are the channels through which the various compelling forces reach our wills. But it is also important that we understand how our habits influence our wills.” (pg.105)*

**H** abits are the thought and emotional patterns engraved on our minds. (pg.105)

**A** nd these internal habit patterns play even a more forceful role as external influences.(p.105)

**B** efore we were saved, we continually gave ourselves to developing *habits of unholiness*-

**I** n the scriptures, Paul calls these habits “ever-increasing wickedness” (Romans 6:19). Every

**T** ime we sinned—every time we lusted, coveted, hated, lied--we were developing sinful habits.

**S** adly, these repeated acts of wickedness became habits that made us slaves to sin. (pg.106)

**O** nce we were formerly dominated by these ungodly habits, but now by God’s saving grace we

**F** aithfully can give ourselves to developing *habits of holiness* and with the help of the Holy Spirit and dependence upon Him we can train ourselves in godliness (1 Tim.4:7). (p.106)

**H** ere are some practical principles which we can follow to train ourselves in godliness. (p.106)

**O** ur first principle is that habits are developed and reinforced by ***frequent repetition****.* As we

**L** earn to habitually choose to say no to sin by an act of our will, it will be easier to say no to sin.

**I** n developing new habits, we must ***never let an exception occur*,** which is our next principle.

**N** ow is the time to stop, “just this once…tomorrow will be different**”** deadly type of thinking.

**E** arnest***diligence in all areas is required to ensure success in one area*,** is our third principle.

**S**  aying to ourselves, this habit “isn’t too bad” sadly will weaken our wills in others areas of life.

**S** o ladies, ***don’t be discouraged by failure***. Regardless of how often we fail, by God’s enabling grace we can and we must continue to work on replacing our sinful self-focused habits of unholiness with biblical God-focused habits of holiness. You and I must start worshiping God above ourselves. We must continue to develop the habit of thinking thoughts that are pure, true, and good. We must continue to develop the habits of prayer. We must continue to develop habits of reading, meditating and memorizing Scripture. We must continue to discipline and structure our lives in developing godly habits. Why? For God’s glory! (pg.107-108)

“It is vain to guard our minds and emotions against that which comes from without if we do not at the same time deal with habits of sin which are within. The battle for holiness must be fought in two fronts—without and within. Only then will we see progress toward holiness.” (pg.108)

Pressing onward and looking upward,

Christyn