

# Creating Habits and Patterns That Keep You Aligned with God

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*\*Note: This is the first of a two-part series.*

Spiritual disciplines are habits and patterns that you choose to come in agreement with in your walk with the Lord. Spiritual disciplines align you with the Lord, and you become spiritually and emotionally mature. Habits and patterns are not about legalism; rather, they are heart issues. How and where your heart is practicing these things is what matters and what will either produce life, growth and increased faith or ungodly burdens and distress in your heart and mind.

Second Corinthians 5:17 says that you have been made new. If you are made new, then you need to have new practices, habits and patterns to facilitate the transformation project God is doing in your life.

The Bible tells about the promises that come from creating habits and patterns and a spiritually disciplined lifestyle...

- Deliverance
- Protection
- Provision
- Prosperity

As a new creation in Yeshua Messiah, He does not leave you the way you were in your Adamic nature. He wants you to start speaking after His covenant and promises as He adjusts your heart. He will cut bone from marrow and cleanse your heart as

you create habits and patterns that align with Him!

Isn't it wonderful to be saved under the name of Jesus? His Hebrew name is Yeshua.

The blood of Jesus expunges our sins. We are saved, and we're not going to hell. That is the greatest gift there is in salvation. For all who call on the name of the Lord shall be saved, Jew and Gentile.

## **One New Man Creates a Place for Covenant Promises to Be Made Manifest**

But the interesting thing about the calling of Curt Landry Ministries is that I am a Jewish believer in Yeshua and work primarily with non-Jews who are Gentiles as One New Man. And anytime we come together as One New Man, it creates a place for covenant promises of God to be made manifest. It fulfills Bible prophecy but also creates a spiritual warfare atmosphere where victory is revealed. Solomon said it best: "Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken" (Eccl. 4:12).

## **One New Man and the 3-Fold Cord**

And so when we come together as Jews and Gentiles, one in Messiah, and so that's two, Jew and Gentile, and then you add the Holy Spirit and the God of angel armies, you bring heaven into the mix and you have kingdom of authority. You have a threefold chord that is absolutely not easily broken.

## **Habits and Patterns**

And so, here on "Ancient Principles, Kingdom Authority," let's take a look at habits and patterns that help us stand in victory.

- So much spiritual warfare is won in your preparation time through habits and patterns.

So much of it has to do with the way you align. And spiritual disciplines are habits and patterns that you choose to come into agreement with in your walk with the Lord. This matures you because you choose to walk in them.

- Habits and patterns produce spiritual maturity and growth.

The fruit manifestation of spiritual discipline is the key to transformation. Furthermore, when Jesus rules your heart, His Spirit will guide you into habits and patterns that will connect you more to Him, encourage you in places and give you boundaries around people and situations when the world is bringing confusion and fear.

And often, when people hear the words “boundaries” or “guidelines,” people feel a little bit restricted. That natural rebellion that’s in all of us wants to say, “Oh, I don’t want a boundary. I don’t want to be restricted.”

But I find in spiritual warfare, when you draw close to God and resist the devil, he’ll flee. Instead of driving so close to the guardrail and likely hitting it every so often, you will avoid having your mind, will and emotions in the body shop all the time.

## **Are Your Habits and Patterns of the Flesh or Spirit?**

Your Adamic nature is drawn to habits and patterns that satisfy and are comforted in the flesh.

But the Bible says that the flesh is at war with the Holy Spirit. Galatians 5:17 says, “For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that

you wish.”

And that’s what Paul said in Romans 7:15, “For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.”

Spiritual warfare is having enough discipline to renew your inner self, mind, will and emotions to be in agreement with the Spirit. Or if I can say it this way, you’re sold out for God.

## **What Does Being Sold Out to God and the Habits and Patterns of the Spirit Look Like?**

In other words, you say, “You know what? It’s smarter for me. I’ll be happier, healthier and wealthier if I actually do it God’s way versus having to have all the cleanup of not doing it God’s way.”

### **A Personal Example...**

I like to cook. One of the things I do when planning a meal is look at the steps and plan them out in my mind. I either look at a cookbook or go from memory.

But I ask myself,

- “How can I limit the number of utensils, pots and pans to dirty?”
- “How do I make the cleanup less and still get the meal to be at the highest level of excellence?”

I don’t just randomly say, “Okay, here’s one bowl here, and there, and I’m dirtying four or five bowls or pots and pans when I could actually do it with two or three.”

That’s how spiritual warfare is.

When you have a spiritual need, you must humble yourself. You

need to stop and ask the Lord and say, "Okay, I'm getting ready to, so to say, cook up this idea. How do you want me to do this, God?"

Maybe the Lord's given you an idea for a new job, relationship, plan and exploit. Go to the Bible, and let's look at the recipe and see how you can do this without causing the least chaos in your life. And the Lord will show you. He will give you His strength and His mind to create an obedient heart.

Just ask Him right now.

- "Father God, give me a heart of obedience. Give me a heart of wisdom, knowledge, and understanding so that when I start into these things, and be transformed in the process."

 *[Click here to view Rabbi Landry's book on spiritual warfare!](#)*

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