

# The Seven Daily Habits Of Highly Effective Christians

**Introduction.** Steven Covey's book, *7 Habits of Highly Effective People*, is one of the most successful books of this generation. What made it so successful is its simple steps that produce huge changes. In fact, people have revolutionized their lives by applying its habits.

Playing off that, we will examine the seven daily habits of highly effective Christians. No one wants to fail to measure up to the "stature of the fulness of Christ" (Ephesians 4:13). Paul said in 2 Corinthians 4:16 that "our inward man is renewed day by day," and these seven daily habits are part of the system by which we accomplish this renewal.

These are specific commands — not suggestions. Our task is to "proclaim the excellencies" of God (1 Peter 2:9), and studying these habits will help us do it better. Every Christian has to grow (Hebrews 5:12-6:1), and the following are practical ways to do it.

## ***I. Take Up Your Cross***

- A. This habit is where a growing Christian begins (Luke 9:23). There is a cost in following Jesus (Luke 14:25-27), but there is a greater cost in ignoring Him (Mark 8:36-37).
- B. But this habit is not troublesome or hard to follow (1 John 5:3). It is the satisfying burden of being lovingly obedient (Matthew 11:28-30).
- C. In this first step, we need to willfully decide who we are and what we are going to be today (Deuteronomy 30:19).

## ***II. Die For Christ***

- A. Because of the hope of the resurrection, Paul would gladly suffer in his body (1 Corinthians 15:31). Growing in Christ means approaching every day as a willful death.
- B. We are living sacrifices (Romans 12:1), and we give ourselves totally to the service of the Lord (Galatians 2:20). Nothing else can come first (Matthew 6:33; cp. Luke 1:6).
- C. But we also are to crucify our fleshly lusts (Galatians 5:24; Colossians 3:5). This means subduing the evil desires and actions within us every day (Romans 8:12-13).

## ***III. Pray To The Lord***

- A. Since we have been given these two previous responsibilities, what help do we have to accomplish them? One incredible assistance is prayer (1 Timothy 2:8).

- B. The prayer Jesus taught His disciples was to be said daily (Matthew 6:7-15). The disciples listened, constantly praying and praising God (Acts 2:47; 4:31; 13:3; 20:36).
- C. Tell God everything (Romans 12:12). Have Him help you with all your struggles, and with these daily tasks that will help you grow (1 Peter 5:7; cp. Psalm 59:16-17).

#### ***IV. Examine The Scriptures***

- A. God intended His word to be written and used to faithfully serve Him (Exodus 17:14; Isaiah 30:8; Romans 15:4; 1 Corinthians 10:11).
- B. Early disciples knew the importance of, and were directed to dwell on God's revelation (John 5:39; Acts 2:42; 17:11; 1 Timothy 4:13). They were eager and diligent to study, and study produces strength (Psalm 119:11; 2 Timothy 2:15).

#### ***V. Encourage One Another***

- A. The burden we bear and the life we live is a special, unique, and difficult one, but part of our responsibility is to help each other bear it (Galatians 6:2; Hebrews 3:13).
- B. Paul was concerned daily about the churches and his brethren (2 Corinthians 11:28). Faithful brethren were an encouragement and a refreshing to him (Acts 28:15; 1 Corinthians 16:18; 2 Timothy 1:16). We can achieve the same with each other.

#### ***VI. Forgive One Another***

- A. Inevitably, we get crossed up with each other. We do not live without fault and the people around us do not live without fault.
- B. As faults are addressed and repentance is made, we are obligated to forgive one another, no matter how many times it happens (Matthew 18:21-22; Luke 17:1-4).
- C. Address your issues with others (Matthew 5:23-24), repair your relationships (Matthew 18:15-17), keep each other from sin (Ephesians 4:26), and enjoy the blessings of unity (Psalm 133:1).

#### ***VII. Teach Non-Christians***

- A. The final element we need to grow is to teach non-Christians every day. The early Christians spent their time teaching people (Acts 2:46; 4:1-2; 19:9; 20:31).
- B. It is astonishing how much you are encouraged and grow when you teach someone and "save a soul from death" (James 5:19-20).
- C. How can we teach people every day?
  1. Your actions and speech will glorify God and draw people so they can be taught (1 Peter 2:9-12).

2. However, no one is saved by a good example — only the gospel can save (John 6:45; Romans 1:16; James 1:18).
  - a) Start a conversation with people. Ask where they attend worship. Talk about our assemblies and classes. Talk about your reading of the Bible or how God has answered your prayers. Ask them about challenges they are experiencing.
  - b) Invite everyone you can to worship — do not make the decision for them. Ask them if they would like to study a specific subject, perhaps one with which they have been struggling to understand.

**Conclusion.** Do you want to be the most effective Christian you can be this year? Commit to developing and applying these principles. Do not rest until you have completed your daily spiritual checklist. If you apply these seven habits every day, it would only take a little bit of your time, but you and this congregation will forever change.

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