

Good morning, Church. Daily Reading, Proverbs 25.

The other day, the subject of a "routine" came up, and Ellie, my granddaughter, asked, "What is a routine?" My wife Donna mentioned that a routine is much like a habit. It is something we do over and over, and that is what makes a routine. Donna said, "Like when you get ready for bed. You brush your teeth, put on pajamas, read some books, and then snuggle down and go to sleep."

We all have habits. Some good, and honestly, probably some not so good. Habits that I hope are a positive routine is your desire to be in worship, to love God and others, to spend time reading and meditating on scripture, to serve Christ by serving others and to obey His commands.

Psalms 119:56 "This has become mine,

That I comply with Your precepts." (NAS)

When we have good habits like following Christ and His commands, this leads to a stronger walk of faith, courage to face our enemies, and a hope that sustains us.

Yesterday, I texted a friend who didn't make it to church to say I missed him, and he responded with, "Hey buddy. Thanks. Sometimes, you just need a time out. See ya back soon."

I agree. Sometimes, we just need a restful day. As long as a restful day doesn't turn into a restful season. The same goes for when we forget to pray, read our Bibles, and serve as we should. Again, these are not the "routines" we want to control our lives.

We all make choices, and just like when it is time for the grandkids to get ready for bed, their parents hope they follow the "routine," and not begin new ones that take more time to accomplish the task.

What routines have overtaken your life that you know come from bad habits. Begin to give these over to God and allow Him to help you reestablish the right and healthy habits that lead to a stronger and healthier abundant life.