

## Foundation for Better Habits

How do I build better habits? For the sake of others. For my sake? And everyone has their idea of what is best. You do. But you have found out that it is not very good.

And making better habits is always a great idea. But people often make mistakes in their advice because the foundation they are using is shaky, at best

In the next few minutes, you will receive the best answers from the best source possible. And we will start from a solid foundation.

### INTRO

We are talking about building better habits. We want our lives to be as lasting as our house – well constructed, solid, and able to endure any storm.

Quality, lasting habits are built on a quality, lasting foundation. So many self-help videos and writings are built on philosophy, or psychology, or what grandma or grandpa told us. But those can be as shifting, as trendy as the latest style of clothes or makeup. We have a great video on wise and foolish construction, from the Sermon on the Mount, that you really need to watch after this video (link in the description).

The lasting foundation you can build is about how you view 3 important concepts. Let's see what they are.

The 1st concept for a solid foundation is to improve your view of Jesus.

I don't have any idea what you think of Jesus. Maybe you have some idea of who he was. Maybe not. So, the first thing you may need to do is read about him. Read Matthew, Mark, Luke and John, the accounts of what Jesus did and said while he was on earth.

Hey, if you don't have a Bible, call the number on your screen and leave a voice message. Tell us you would like to have a free Bible. It has lots of helps in the back to aid you in building better habits. Just give us a complete mailing address and we will send it right away. You could also text the number with the same request and mailing information.

As your view of Jesus begins to improve from your reading, it must come to a critical point. Now this is super important. Jesus must claim full control of your heart. Jesus must become Lord. He must become like the boss, the director, the CEO of your heart.

Jesus said, Luke 9:23, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.

God the Father said he was to be Lord and Christ. Peter related to a crowd in Acts 2:36, “Let all the house of Israel therefore know for certain that God has made him both Lord and Christ, this Jesus whom you crucified.”

In Phil 2:9-11, Paul said God exalted Jesus, and he will be confessed as Lord.

So, we give up the control of our hearts to Jesus.

The first change we make to build a better foundation and better habits is we improve our view of Jesus.

Our second change for an improved foundation is that we change our view of others.

Since Jesus is in control of our hearts, how did he view other people? How much value did they have in his mission?

He preached for them to change. Matt 4:17, “From that time Jesus began to preach, saying, “Repent, for the kingdom of heaven is at hand.”

Mark 1:32-34 has people coming to Jesus. “That evening at sundown they brought to him all who were sick or oppressed by demons. (33) And the whole city was gathered together at the door. (34) And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him.

Jesus valued a leper, giving him a renewed hope for life (Mark 1:40-42)

Jesus valued paralytics. One paralytic had 4 friends who took the roof off the house to get their friend to Jesus. Jesus forgave his sins and healed his body.

In a synagogue, there was a man with a withered hand. Although Jesus was upset by the evil thoughts of people nearby, he still healed his hand.

Jesus told people parables so the perceptive could visualize God’s teachings (Mark 4:10-12)

The apostle Paul wrote to the Corinthians (1 Cor 14:19) “Nevertheless, in church I would rather speak five words with my mind in order to instruct others, than ten thousand words in a tongue.”

He also urged me and you to (Philippians 2:3) “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

The best foundation for better habits includes thinking less of yourself and elevating the needs of others. We don’t shun the helpless, like they are lepers. We see the disabled as an opportunity to do good, to encourage, to support. We tell people God’s message in ways they can understand, maybe with object lessons.

Remember that it was Jesus who said, (Luke 22:25-26) “The kings of the Gentiles exercise lordship over them, and those in authority over them are called benefactors. (26) but not so with you. Rather, let the greatest among you become as the youngest, and the leader as one who serves.”

So, the second part of your improved foundation for improved habits is to change our view of others.

Now, the third part of your better foundation is a correct view of self.

Are you like me and love cookies, cakes, or something nutty tasting? Yeah, comfort foods like mashed potatoes. Do you like to stream TV and binge-watch shows or movies for hours? Or do you enjoy shopping for clothes or shoes? I like to do electronics. And long afternoon naps? Or scrolling through social media, or watching Reels or Shorts?

What do these things have in common? You're indulging yourself.

But that is a less-than-good foundation for making better habits.

How should you view yourself? What did Jesus teach about viewing yourself?

Jesus had a man come to him. The man wanted to make improvements, like you. Here is how Matthew recorded the event: (Matthew 19:16-23) “And behold, a man came up to him, saying, “Teacher, what good deed must I do to have eternal life?” (17) And he said to him, “Why do you ask me about what is good? There is only one who is good. If you would enter life, keep the commandments.” (18) He said to him, “Which ones?” And Jesus said, “You shall not murder,

You shall not commit adultery, You shall not steal, You shall not bear false witness, (19) Honor your father and mother, and, You shall love your neighbor as yourself.” (20) The young man said to him, “All these I have kept. What do I still lack?” (21) Jesus said to him, “If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me.” (22) When the young man heard this he went away sorrowful, for he had great possessions. (23) And Jesus said to his disciples, “Truly, I say to you, only with difficulty will a rich person enter the kingdom of heaven.

And don't forget that we started with Jesus telling us to deny ourselves, pick up our cross, and follow him.

Creating a better foundation means you must put the ways of Jesus before yourself. So, how do you view yourself?

If you have been watching this video for quick, easy solutions, your approach to making better habits is weak and shifty. To make better habits, you need a solid foundation with a sound view of Jesus, an elevated view of others, and a correct view of yourself.

To get those more practical, correct habits, you need to watch our next video. Find the link below.

At [Timeless Talks](#), we pride ourselves on putting you ahead of ourselves. So when you ask for a Free Bible, or a Free Booklet, or a transcript, we get right on it. If you need someone to talk to or someone to pray for you, again, let us know. You are more important. Use the phone number to leave a voice message or send a text, and let us help you. We also have a free online Bible correspondence course available.

Thanks for watching. We hope to see you again, tomorrow. Until then, Goodbye for now.