



# Thursday Thought

by Pastor Myron D. Atkinson

## “Moles!”

Thursday, June 22, 2017

**Verse for the week: Romans 12:1-2 (MSG) “So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering”**

I am not a big fan of moles. Moles are these awful little critters with pointy noses, webbed feet and they can tear up a yard in a few days. You don’t usually see them but you can see where they have been and the damage they caused. I know that they are a creation of God but they are really annoying when it comes to the destruction of my yard. I’ve tried using insecticides because they eat grub worms, but, no success! (Hey but at least no fleas or ticks in the yard!) I’ve tried using a repellent my wife purchased but, sadly, they are still around. We even have a cat that we let out, but he doesn’t catch them. The best way to get rid of them is with a mole trap. It actually takes a bit of skill to set it up just right, but once it’s done, it’s not long before you have caught one of those pesky little critters.

So, what do moles have to do with life? They are like bad habits. Bad habits are negative behavior patterns. Common examples include procrastination, overspending, gossiping, picking your nose, stressing out, over eating, laziness, nail-biting, etc. Did you know that nail-biting can cause dental problems, give you bad breath, raise the risk of catching a cold or other illness, and it can cause an infection of the skin surrounding the nail? Who knew! Each bad habit has negative consequences, and too often we don’t see the effects until it’s too late. We need to overcome bad habits before they cause irreversible damage. We do that by:

1. Seeking God’s help – He understands everything we face! **Hebrews 4:15** says, "**We don’t have a priest who is out of touch with our reality. He’s been through weakness and testing, experienced it all—all but the sin.**"
2. Making a commitment to change
3. Being specific on which habit you want to change
4. Replacing the bad habit with a good habit
5. Having an accountability partner
6. Staying positive even when you fail. When you fail, get up, refocus and move forward

I’m sure that some people think there is no hope for overcoming their bad habit because it’s been so long. Don’t believe the lie! It’s NEVER too late to change!

**Question to ask yourself:** What negative habit are you struggling with that you need to change?