

Lesson Notes:

Habits of the Righteous & Holy

In **Psalm 92** David compares followers of Christ to two trees prevalent in the mid east. One is the palm tree that bears fruit. The other is the Lebanese Cedar which grows to a height of 120 ft. and a circumference of over 40 ft. It was commonly used in the construction of palaces of kings due to its strength and durability. **Psalm 92:12 – 14** says that righteous people will flourish in the court of God and yield fruit in their old age. Below are habits of righteous people which enhance their life-long service to the Lord.

Scriptural Principles

- 1) **Stay in His Word** – David tells us in **Psalm 119:11** that he has hidden God's word in his heart so that he might not sin against God. Paul tells Timothy the value of Holy Scripture in **2 Timothy 3:16 -17**.
- 2) **Choose to Love.** – **We make a conscious decision to love others.** Jesus tells us in **Matthew 22:36-40** what it means to love god and to love one another. In **Ephesians 5:2** Paul tells us to walk in love and compassion. Also in **Ephesians 5:25** Paul tells husbands to love their wives as they love themselves.
- 3) **Stay Positive** – Positive people are a joy to be around and are attractive to others. Children were drawn to Jesus. Jesus positive friendly nature attracted them to him. In **Proverbs 19:22** Solomon tells us that our desire should be kindness which relates to a positive attitude.
- 4) **Unpack the Baggage.** – As followers of Christ we should not dwell on past failures and transgressions but concentrate on our service and future with the Lord. In **1 Peter 5:7** we are told to release our past sins to the Lord and not dwell on them. **Coaches tell us to “stay in the moment”. “Stay engaged”. “Win the next play”.**
- 5) **Put on the Full Armor of God** – In **Ephesians 6:10-18** Paul tells us that our struggles are not against flesh and blood but against powers and principalities in high places. Therefore, put on the full armor of God.
- 6) **Don't stop working for the Lord** – In **Exodus 20:11** God set the standard of work as 6 days of work and 1 day of rest. He did not intend for us to retire from his service.

Conclusion: The Bible tells us how to have an abundant Life in Christ. By setting our sights on the prize that awaits us in heaven we can focus on God's purpose for our lives and develop the habits of the righteous and holy.