

# HABIT **Change**

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The Way of the Most High

“Exalting belief in our Father, the Most High **יְהוָה** (YaHUAH), through His Turah, the 5 scrolls of M'shih (Moses).”

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**This program can be used for any habit or anything in your lifestyle which you want to get rid of . It is ALSO for those things in your lifestyle which are wonderful and which a person may want to build upon.**

Please understand that this program is the result of our own personal struggles with bad habits which we found extremely difficult to overcome. These steps may be seen as extreme or fanatical by some people.

Nonetheless, we are open to revision of this program, and believe that if the principles of this program are taken seriously, it will be a great tool for changing habits. The following steps are how to get rid of the bad. We are certain you can analyze the steps for yourself, should you want to use these steps to build up wonderful habits and aspects of your lifestyle.

Program Mission Statement:

“What looks for certain to be failure, death, guilt, shame and darkness in the eyes of a flesh is victory, life, joy, love and light when seen through the eyes of the Almighty.”

1. **The very first thing we need to do is to find out what Scripture says about the thing that we are thinking about.** It may be tv, movies, secular music, or otherwise. Often times you may not be able to find something in Scripture for the specific word that your habit is named after. You won't find “tv” in Scripture of course. So then what you need to do is to search for the principle. What does the habit affect in your life. In the case of “tv,” it affects our time, eyes, heart, and mind. So find as many Scriptural texts dealing with what you are thinking of, and pray over these texts. You may use a concordance or something of that nature.
2. **Recognize and admit that the habit you are involved in is not something that you want to be a part of your life (or is something you want to be a greater part of your life).** You recognize and admit it is not something that you want to be a part of your life. It is not something that is great for you. Perhaps it may not be a habit, but is simply something that is not Scriptural. It may not draw you nearer to the standard of the Almighty's Turah (Scripture) and bring you into His presence. It may cause you guilt, shame and lead you into depression.
3. **Recognize that the habit you are involved with is not conducive for you or IS wonderful for you in one or more ways.** There are five major categories a habit or aspect of lifestyle can affect you in. **With each category you should write down how the habit affects you in that category.** If you fail to do this, we believe you will not be able to analyze how the habit is affecting you. This helps us to move on to the other steps, and be able to change without falling back into the habit or lifestyle we desire to change. Here are the five major categories:
  1. **Physically.** How does it affect the body? How does it make us feel physically? Is it prosperous or destructive for physical health?
  2. **Socially.** How does it affect those we love? How does it affect our witness as a Scriptural believer? There are others who are looking at us to see a Scriptural standard and the presence of the Almighty in our lives. How does it affect those we work with, go out with and talk with?

**3. Spiritually.** Does it draw you to a higher level spiritually? Does it draw you nearer to the Father? Or does it draw you away from Him into guilt, shame, death and depression... as all transgression does?

**4. Emotionally.** Does it lift you up or drag you down emotionally? Does it cause an imbalance in emotions? Does it make you emotionally unstable?

**5. Mentally.** Does it lift your thoughts to better things and think of an ever-improving future? Does it uplift thoughts of career, dreams and goals for the future? Or does it drag down your thoughts?

**A habit may FEEL great, bring temporary relief, feed an addiction, and SEEM to help in one or more of the above categories.** But the bottom line is whether or not *it is a habit or aspect of your lifestyle that is supported by Scripture. If it is transgression according to Scripture, if it is damaging the five categories above... even though it might be great for one or two of them... if it draws you away from the Father and everlasting life... it needs to go.* Take some time for in depth analysis and internalization into how your lifestyle affects each of the above categories. And although this might sound like a course in psychology or counseling, it is quite simple. Once you write down the five categories regarding each habit or aspect of your lifestyle, you will be able to know if it is truly something that should be a part of your life, or needs to go.

- 1. Admit that 𐤃𐤁𐤍 (YaH) is your strength and only way out of destructive powers and habits.** Now you may look around and see people who forsake the Almighty but do not yield to temptations that others do. A lot of atheists live lives according to what they believe is wrong or bad for them. If these people can overcome in their lives, certainly the believer in the Almighty should have a more victorious life than they! **We must acknowledge the fact that our transgressions are beyond our power to redeem ourselves out of.** They are black marks on our record. They are blood stains on our garments. ***Only the Almighty can give us a clean record, white garments of His own righteousness and everlasting deliverance from transgression and the power of transgression in our lives.*** Remember that transgression is “bondage” or slavery. When the Most High delivered the Aibreem (Hebrews) out of M'tsrayim (Egypt), it was HIS deliverance WITH their compliance. The people had to accept the lamb and physically place the blood over the doorposts of their homes. With each destructive transgression or habit in our lives, we must be compliant with the Most High to deliver us. Think and pray about that.
- 2. *Make a decision to turn this aspect of your life over to the Almighty, in true repentance.*** The English word “repentance” comes from the Scriptural word “shuwb,” which means to “turn or return/dwell” (B'rasheet (Gen.) 3:19). It is the picture of someone who is walking down a wrong path, recognizes that it is the wrong way, and turns back. Do not look at it again or go back. **DON'T DWELL ON YOUR PAST...** but ***obtain promises for the future in your walk with the Father in accordance with Scripture.***

**Admit the nature of your wrongdoing or habit to the Father, to yourself, and to another person if possible.** One of the greatest weapons to overcoming a bad aspect of lifestyle is talking about it and getting it out in the open. Talk to the Most High about it. **The Almighty Hand of the Father is never too short to deliver.** The Father formed you from birth, has intimately known you at all times, preserved you till now and stands ready to forgive with His compassion. Talk about it with yourself, and talk to others if it is possible. **Talk to others who have gone through the same experience to gain insights and inspiration** from them and you will be able to strengthen their belief and walk as well.

3. ***Establish reasons as to WHY you do the habit that you do.*** In a lot of cases this process may take a long time. Try to remember back to your childhood, your parents' parenting methods, family life, school moments and so forth. These **reasons MUST be found so that they can be replaced by motives that are from the Almighty...** to replace the false motives that lead you into the habit. And in most cases, it has much to do with the standards of society that tell us that wrong is right and right is wrong. They flaunt promiscuity and sex education and all the rest of it in front of children. The dance clubs, the movies, the music. The fantasy novels and magazines. The abuse of alcohol, or the fast food industry. All transgressions numb the mind and place the body in a dilapidated state. Establish the Why, Where, When, How, What, Who that your habit involves. Then replace the negative reasons and motives with positive Scriptural motives and promises.
4. ***Establish the history of your habit from when it started to where it has brought you.*** When you see this, it will become apparent that it needs to go... because it has escalated, waxed worse and brings you low. Transgression always does this in the end. You watch one movie that isn't so bad, and then you lean towards other movies that are worse. What did you think would happen? Transgression always seems nice at first. Even while you are enjoying it, transgression seems great. Otherwise, no one would transgress! But **eventually...** even at the last moment of life... ***a person comes to the place where they mourn their transgressions and despise it.*** The mourning and despising of it only happens when a person stops making themselves look okay to them, and instead allow the Father to make them righteous and work in them.
5. ***Where possible, if your habit has affected others negatively, make amends with such people.*** When this has been done effectively, you will be right with them and yourself in the five categories listed under the third step of this program.
6. ***Be entirely ready to allow this habit or wrongdoing to leave our lives by the deliverance of יְהוָה (YaHUAH).*** A person cannot change their life and BE changed by the Almighty while clinging to, cherishing, and loving the delicacies of B'bayl (Babylon). Think about it. Don't you think it is time that we re-evaluate modern-life in light of Scripture? Don't you think it is time that people stop and truly think about their lifestyle, habits and study what the Scriptures state regarding their diet, clothing and ALL aspects of our life? For the most part, I haven't heard the preachers or rabbis in the synagogues or the churches doing that! Do you? We must be ready to allow the Father to take our transgressions and habits away and let it go. We will find that once we are ready to truly let it go in prayer, and as we seek to become more like the Almighty, to know Him, and to love His Way above our ways... everything else will become unsatisfying, detestable, hated and an

abomination as it is to Him. This is one of our greatest weapons against temptation to fall back into habits that we have believed the Almighty has changed!

To illustrate – Alish'bai and I have undergone a detox program by Nish Joshi. You can Google his name on the internet if you like. The point is, we have not had any gluten (wheat or other products that contain it), amongst a lot of other things, and we have a list of things we are supposed to eat, and some great recipes that help us to enjoy the detox, and it isn't so bad. The hard part is getting started and making a commitment. But once you start, the stuff like Tim Horton's coffee, donuts, pizza and all the rest of it do not have such an appeal. And the truth is, we better start preparing now, because what if hard times come? Our bodies must be strong and healthy. But we share this with you only to say that when what is false is substituted with what is true, the desire for what is false will disappear. But the change is a slow change. It is a continual prayer. It is a continual commitment. Most peoples' bodies are full of pain and sickness because of the billion ingredients in their bread, cookies, donuts and all the rest of it. Suffering because doctors treat SYMPTOMS with drugs instead of HEALING THE ROOT PROBLEM? They suffer because of misinformation. They trusted in pharmaceuticals and surgeries and so-called "cancer treatment" agendas run by a greedy for money charities and government programs. ***The truth of this situation is that this is what transgression is like. It brings pain, sickness to the stomach, tears, disgust, horror and more. But people only see this when the whole picture is revealed.***

Indeed, let us take a long hard look at our lives. And there is one secret that you should know. Scripture teaches that the transgressions of a father are passed on to the son. And it is true that much of the time, the transgressions of the father is what we are seeing in society. And we should say the mother as well. The son must make a choice and allow the Most High to stop this cycle.

But most people do not think about the consequences of their actions and the pleasure sought overwhelms the sense to care. This ruins marriages, our witness as believers, relationship with the host/assemblies of יהוה (YAHUAH).

People seek out what they want for themselves, to the heartache of others. Consider how your actions affect others by the following examples:

Abrahaym (Abraham) has an oath with the Most High, and the Most High promised him a son. But his wife gets antsy, and Abrahaym, for whatever reason, listens to his wife. He takes one of the maids of their community and she becomes pregnant. Then the wife of Abrahaym and this servant-lady get into arguments and Sh'rah (the wife of Abrahaym) wants her gone. So she is sent away, and the servant-lady bears a son. This son becomes THE WORST adversary that Y'shra'Al (Israel) would ever have, and still has! Y'shmai'Al (Ishmael), the son of Haygar (Hagar) the servant-lady, has resulted in the Islamic movement we see today.

Now in this day and age, depression and sorrow is common. B'bayl (Babylon) and its rulers are not exactly the Scriptural lifestyle of peace and prosperity that the Most High has in mind. But people are dealing with their emotional build-ups, sexual needs, taste buds, and all the rest of our body's makeup in the worst ways. And they don't have the answer to their problems, so they drown it out with the delicacies of B'bayl (Babylon). Ultimately, and in

reality, a person must recognize transgression for what it is, lay it at the feet of the Father, confess it, discuss it, mourn it, internalize it, let it go, give it up and receive deliverance, cleansing, renewal of mind and heart and all that the Father gives us. *This is opposite to drowning the conscience and cares of life out with things which never actually deal with the root problems. Rebellion will become repulsive to the heart only when we see the big picture. However, if the puzzle picture is not together, we focus on the small pieces and think these pieces are beautiful and nice. And we will continue to love the small rewards it continually brings US.* The reason we emphasize “us” is because **the only person that transgression ever rewards is the person who does it.** They have a motive, they see the reward for themselves, and they act.

**Rebellion always has its consequences to the five categories** we talked about earlier. Socially, Spiritually, Emotionally, Mentally and Physically. But if we **grow to hate rebellion, if we ask the Most High to GIVE US A HATE FOR REBELLION, then He will write His laws and commands in our hearts and we will reap a great reward. When we hate the bad things in our lifestyle, this becomes a great tool when temptation pops its head up.** But *the people of this world are like cattle, who have had their conscience branded with a hot iron, so that they no more feel conviction to repent of what they are involved in.*

**Scripture has a very agricultural theme to it.** They are principles. You can't plant a seed of wheat and expect to get a harvest of barley. No. You reap what you sow. Let us ask the Most High to sow seeds of Truth from His Scriptures into our lives. And every time that we replace a false understanding or habit or lifestyle change with truth, we will reap a wonderful harvest. When the Almighty said that we must not destroy our beard completely off our face, meaning to grow it out a little at least, no shaving bald to the face, He meant it. We might say that it is pleasing to us not to have a beard. We might think that it is fashionable to be clean-shaven. But it is not Scriptural... see Wa'y'qora (Lev.) 19:27. You reap what you sow. One transgression leads to another. One rationalization leads to another. But what will our choice be? Our choice must be to follow the laws, commands and government of the Most High.

The second last step is to *believe that you have been renewed and are in the process of being renewed in the image of* יהוה (YaHUAH). That image has been marred throughout the ages of transgression and rebellion. Most people are out of tune with nature, themselves, family life, agriculture, sun, moon, stars, the Most High and His Torah (Scripture). When you complete the above steps, you should no longer have guilt, shame, or depression for your failures and transgressions of the past, as 1 Sh'mu'Al 12:19-25 points out. The Almighty sees you as pure and clean when you repent and turn from your evil ways and walk with Him in righteousness according to His Torah (Law). His kindness never runs out, and our cup runs over.

**When we compare ourselves to others, we always come up better than them** (except of course when we clearly compare ourselves with the Most High). Paul Bernardo could have said that he raped, tortured and killed a couple people, but he didn't kill millions by numerous methods of execution as Hitler did. **Therefore, let us accept the righteousness of the Most High as given by His own compassion which the Psalms state is everlasting.**

Lastly, *replace your failures with victories as you walk the Way of the Most High! Celebrate those victories!* Take time to memorize Scripture verses, promises and praise songs that you will be able to recall to memory when you are tempted to go against the Torah (Law) of our Father and the life He calls us to. This will be a most powerful tool to overcoming rebellion! Allow Him to *replace time spent in past habits with invested time in helping others, career, dreams, family, positive habits, goals, prayer, study of Scripture and praise.* Replace false desires with a thirst for pure desires and actions. Replace thoughts of failure, depression, guilt and shame with thoughts of overcoming, victory, purity, joy, peace and love.

Having gone through the above steps and completed the Habit Change program, **you should be able to say to yourself that you have claimed victory over the power of rebellion in your life through the strength of the Almighty.**

In times of temptation, remember to claim the strength of the Almighty, and that no matter how sick you feel to your stomach from the temptation, not to give in. We must always be mindful of the big picture, and keep our heart and mind on the goal of our Father for our life. Dwell on these thoughts, pray to the Father and do not withhold praise and worship... and you will find the victory that you have claimed from the beginning of this program. Go through the Habit Change program steps as often as it takes... and remember that He has given us victory. Therefore, while you may repeat this program, do not dwell on your failures and drag yourself to depression and cause unnecessary temptation to yourself. **Keep written promises to yourself from the TaNaK (OT) handy, so that in times of temptation you will be able to rebuke it by the words of the Most High.** May our Father whose Name is יהוה (YaHUAH) favour you with deliverance, joy, peace, and love.

Salah (Selah)

YaH Khey (YaH lives!)

Sha'ul and Alish'bai

Please write to us if you enjoyed this article and if the program has been beneficial to you. We would love to hear your story. Please write to us if you have suggestions for this program.