

PROTIPS

Breaking Bad Habits by Marlene Legaspi-Munar

Laging late sa appointment. Returning on time things that are borrowed. Not saying “thank you” for a favor done to you. Picking your nose in public. Greeting someone you meet with a warm smile. Maagang pagtulog at maaga ring paggising. Araw-araw na pagbabasa ng Bibliya. These are all habits. Can you identify the good habits from the bad habits?

A habit is an established practice, tendency, or manner of behavior. Ang habit ay isang gawi o kilos na laging ginagawa ng isang tao. We acquire habits or particular kinds of behavior by constant repetition. At dahil paulit-ulit mong ginagawa, madalas ginagawa mo ito nang hindi mo namamalayan at walang kahirap-hirap. Habits are important because they can affect the course of your career and life in general. Ayon nga sa isang kasabihan: “Sow a thought, reap a deed; Sow a deed, reap a habit; Sow a habit, reap a personality; Sow a personality, reap a destiny.” Dahil dito, dapat sinusuri natin ang ating mga habits. So, are your habits good, or bad?

Remember that bad habits can be reflected in your personal hygiene, in your relationship with others, and in your work ethics. Remember also that these three areas—personal hygiene, interpersonal relationship, and work ethics—are key areas that could help you succeed in your chosen career or vocation. Hindi kasi sapat na may technical know-how ka or mataas ang IQ mo. Imagine, you could fail in a job interview because of a distracting mannerism and sloppy outfit. Or you could also offend and lose a potential client dahil na-late ka ng isang oras sa usapan nyo.

Aside from insulting, hurting, shocking other people, and inhibiting your own growth, you also displease God with your bad habits. Minsan, ipinagwawalang bahala natin ang ating mga bad habits. We dismiss a bad habit as a simple weakness or vice. But in truth, bad habits are a violation of God’s good laws. Halimbawa, kasama sa Sampung Utos ng Diyos ang “Huwag kang magsisinungaling.” But some people makes a habit out

of telling a lie, and consider it even as necessary. Others are in the habit of smoking, drinking, staying up too late, and other practices that are destructive to the body. Hindi ba ayon sa Bible, our body is the temple of the Holy Spirit and that we should take care of it? Bad habits displease God. It's a violation of His good laws. Often, it's a disregard for yourself, for other people, and for God. That's why bad habits can be considered as sinful habits.

But the good news is that, with God's help, bad habits can be broken and replaced with good ones. God made us for good works. He will enable us to live good lives, at kasama dun ang pagkakaroon ng mga good habits. The promise of God is that we can do all things through Christ who strengthens us. It's a good habit to say goodbye, kaya magpapaalam muna ko but tune in tomorrow para sa pagpapatuloy ng ating serye on Breaking Bad Habits.

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May nagsasabing, "Habits are hard to break." Dagdagan natin: "Yes, habits are hard to break, but it's not impossible to break them." Mahirap ngang alisin, baguhin, o palitan ang isang nakagawian na. Pero kung ang mga ito'y maituturing na bad habits, dapat baguhin dahil nakakasama ito sa atin at hindi nakakalugod sa Panginoon. If you want to break your bad habits, then get ready for some bad habit busters.

First, **identify your bad habits.** Alam mo na siguro kung anu-ano ang iyong bad habits. Still, it would be helpful to ask someone whom you can trust to tell you exactly and honestly kung anu-ano ang mga nakakadistract at nakakaperhuwisyong kilos at gawi mo. Kung ang ibang tao ay may napapansin sa iyong maling ugali, huwag mong ipagwalang bahala o ibaling ang pamumuna sa iba. Ika nga, pansinin mo muna

ang troso sa iyong sariling mata bago mo pansinin ang puwing sa mata ng iyong kapatid. Kilalanin mo ang iyong hindi magagandang gawi.

Pero hindi sapat na matukoy mo kung anu-ano ang iyong mga bad habits. After identifying your bad habits, you need to **admit your bad habits as sin and seek forgiveness**. Kung tutuusin kasi, ang mga bad habits tulad ng pagsisinungaling, pagsasalita nang hindi magaganda at nakakasakit sa kapwa, pagbanggit sa pangalan ng Diyos sa walang kabuluhan, pagbabasa at panonood ng pornographic materials, at iba pa, ay paglabag sa malinis na pamumuhay na iniuutos ng Diyos. Dahil dito, dapat nating ihingi ng tawad sa Diyos kung ginagawa natin ang mga ito. Kung magpapakumbaba ka at hihingi ng tawad, patatawarin ka ng Diyos. At hindi lang iyon, ipinangako din ng Diyos na lilinisin ka Niya sa lahat ng kalikuan. Ito ang pangako Niya sa 1 Juan 1:1-9.

The third thing you need to do is to **commit yourself to change**. Yes, God forgives you when you humbly admit your sins and seek His forgiveness but you also need to change your ways. Unless you're committed to change, magiging paulit-ulit lang ang cycle ng bad habits sa iyong buhay. No one can make that decision to change except yourself. So decide to change your bad habits into good habits.

And to help you make that shift from bad habits to good habits, don't forget to **practice the principle of replacement**. Kapag meron kang aalisin, dapat meron kang ipapalit. If you "put off" something, you need to "put on" something in return. It's not enough to quit imagining negative or indecent thoughts. You have to further train your mind to focus on things that are positive, decent, true, good, honorable, and worthy of praise. Kung nasanay kang kumukuha ng gamit ng iyong kasama sa bahay o upisina nang hindi nagpapaalam, ngayon tiyakin mong nagpapaalam ka muna, at nagtha-thank you pagkatapos magsauli. Don't just quit; follow through with immediate and doable goals. As you do so, remember that you can do all things through Christ who strengthens you. At pag nakita ng mga tao ang pagbabago sa iyong gawi, kilos, at

pag-uugali, matutuwa sila at papupurihan nila ang Panginoon. At malamang, ma-inspire pa sila na baguhin din ang kanilang bad habits.

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Yesterday, we shared with you four bad habits buster, o kung paano nyo mapuputol, maaalis, at mapapalitan ang mga di magagandang habits na nakasanayan nyo na. Una sa lahat, you need to **identify your bad habits**. Tanggapin ang puna ng mga kakilala. Huwag nang ipagkaila kung hindi nga maganda ang iyong mga gawi at pag-uugali. After identifying your bad habits, **agree with God that these bad habits are sinful** because they often violate His commands that's why you need to **ask God's forgiveness**. Then of course, you must **be committed to change**. And in order to change your bad habits, you need to replace them with good habits. Practice the principle of replacement or exchange. Para magtuloy-tuloy ang pagbabago ng inyong bad habits, we recommend that you do the following things:

Develop the spiritual discipline of Bible reading, meditation, memorization, and prayer. By reading the Bible, you will realize kung anu-ano palang mga bagay ang itinuturing ng Diyos na hindi maganda at hindi dapat ipamuhay lalo na ng isang taong nagsasabing kilala niya ang Diyos. By meditating on the Bible, which is the Word of God, you will have a deeper understanding of how to apply God's laws in your personal life. By memorizing portions of the Bible you will be constantly reminded of God's will for your life. At kapag ikaw naman ay nanalangin, magkakaroon ka ng maganda at malayang pagkakataong makipag-usap sa Diyos at ipahayag ang tiwala mo sa Kanya na may kakayahang magbago sa iyo. Doing these spiritual disciplines helps you develop a closer relationship with God, who enables us to do good.

Aside from developing a close walk with God, you also need to **have someone to whom you will be accountable**. Look for someone na puwede mong maging ka-buddy, a person whom you can trust to give constructive criticism. Give this person the right

to remind you kapag lumilitaw uli ang mga nakakadistract mong gawi. Also, remember what the Apostle Paul said: “Bad company corrupts good character.” Kaya avoid people who have no desire to change their bad habits, and who tempt others to do bad also.

Finally, **don't give up**. It may not be that easy to break and change your bad habits. It may take a longer time to do so. Gayunpaman, don't give up. Always remember that with God's help, bad habits can be broken and replaced with more wholesome alternatives. Practice good, godly habits and glorify God in your daily life!