

## **How to stay out of life's bad ruts**

*"I have the right to do anything," you say – but not everything is beneficial. "I have the right to do anything" – but I will not be mastered by anything. - 1 Corinthians 6:12*

Many years ago when the Western United States was being settled, most of the roads consisted only of wagon tracks. These tough roads were very hard to navigate, particularly because wagons would often get stuck in the wheel ruts that had been created by other wagons, and getting out of those deep ruts could be extremely difficult.

One wagon trail even had a sign that read: Avoid this rut or you will be in it for the next 25 miles.

Most people would admit they've been stuck in a rut at some point in their lives. But how can we know if the rut we're in is a good rut or a bad rut? In other words, how do we make sure the habits we're building are life-giving instead of life-draining?

The key to making sure your habits are healthy ones is to ask the simple question: "Is God glorified by this?" If we look at our habitual behavior and see that it brings honor to only ourselves, then that's a rut God wants us to leave behind!

It's never too late to start developing healthy habits. So constantly examine your daily routine and refine it to be one that brings the most glory to God. When you stay out of the unhealthy ruts, you'll experience the fullness of joy God has for you!

## **Prayer Challenge**

Pray that God would expose to you the unhealthy "ruts" He wants you to leave behind.

## **Questions for Thought**

When you look at your life, what are some unhealthy habits you've developed over time that God wants to help you break?

Think of one good habit you'd like to develop in your life over the next few months. How can you do that?

