

OLD HABITS ARE HARD TO BREAK

DAY ONE — WHEN GOD CHANGES THE ROAD

SCRIPTURE Luke 2:1-7

“In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world... So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child.”

Old habits are hard to break because familiar feel comfortable.

Even when we know something isn't good for us, we often keep going back to it because we know what to expect. We know the reaction. We know the routine. We know the road.

But what happens when **God changes the road?**

Joseph and Mary were following a path they didn't choose. A decree from Caesar required Joseph to travel to Bethlehem, and Mary had to make that journey while pregnant. What probably felt like an inconvenient detour was actually part of God's plan.

Sometimes what feels like a disruption in our lives is actually **God redirecting us.**

Maybe God is trying to break a habit you've carried for years. Maybe it's the way you respond when you're hurt. Maybe it's always expecting the worst. Maybe it's shutting people out, holding onto resentment, worrying about things you can't control, or constantly going back to something God has already told you to leave behind.

The hardest part is that the old road is familiar.

But familiar doesn't always mean God's will.

Proverbs 3:5 says, “Trust in the Lord with all your heart, and do not lean on your own understanding.”

That's difficult when God is asking you to change something you've done for a long time. We want to understand where the new road is going before we're willing to leave the old one.

But trusting God doesn't always mean understanding God.

Sometimes **obedience has to come before understanding.**

Joseph and Mary didn't know everything that Bethlehem would bring. They simply kept moving.

And maybe that's what God is asking you to do today.

You don't have to change everything overnight.

You don't have to figure out your entire future.

You just have to take the **next right step.**

If God is asking you to break an old habit, don't spend today worrying about how difficult tomorrow might be.

Start with today.

Take one step.

Then another.

Because sometimes the road God uses to get you to your promise doesn't look anything like the road you thought you would travel.

LET'S MAKE IT PERSONAL

What old habit or pattern keeps pulling you back?

Are you holding onto something simply because it's familiar?

Are you waiting to understand God's entire plan before you're willing to obey?

Today, ask God to show you your next step—and then take it.

PRAYER

God, I know some of my old habits are difficult to break. Sometimes I hold onto what is familiar because I'm afraid of what comes next. Help me trust You when You change my direction. Give me the courage to leave behind the patterns that are keeping me stuck. I may not understand the road ahead, but I choose to trust the One who does. Show me my next step, and give me the strength to take it. in Jesus Name We Pray Amen.

REMEMBER:

God's detours are often pathways to His promises. You don't have to understand the road to trust the One leading you.