



The **Habit Blueprint**

A biblical approach
to habits that transform
your life.

This is a sample chapter from the book, “The Habit Blueprint” by Jay Jones. If you’d like more information or to order the book, please visit

<https://www.jayjones.faith/habit-blueprint/>

Build Life-Changing Habits That Stick—Once and for All.

Most people don’t struggle with desire—they struggle with consistency. They want to grow spiritually, improve their health, develop discipline, and break bad habits. But motivation fades, and willpower runs out. That’s why lasting transformation isn’t about trying harder—it’s about building the right habits.

The Habit Blueprint combines biblical wisdom, real-life application, and practical strategies to help you establish life-giving habits that last. Whether you want to deepen your faith, create structure in your daily life, or break free from destructive cycles, this book gives you the tools to make lasting change.

In this book, you’ll discover:

- How to build spiritual disciplines that draw you closer to God
- Why small, consistent actions create the biggest impact

- The power of environment, accountability, and habit stacking
- A simple framework for breaking bad habits and replacing them with better ones
- How to stay consistent—even when life gets busy or motivation fades

This isn't about willpower—it's about working smarter. If you're ready to break free from inconsistency and build habits that transform your faith, relationships, and daily life, *The Habit Blueprint* will give you the roadmap to get there.

Thanks for joining me on this journey! Here's that free chapter...

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How Habits Shape Your Life (and Your Soul)

*YOUR FUTURE SELF IS BEING SHAPED BY
WHAT YOU DO TODAY. THE SMALL CHOICES
YOU MAKE DAILY—WHETHER GOOD OR BAD—
ARE SETTING THE COURSE FOR THE PERSON
YOU WILL BECOME.*

Picture yourself at the start of a new year or season of life, full of determination. You set goals, map out a plan, and tell yourself, 'This time, I'll stick with it.' Maybe it's a commitment to read the Bible daily, exercise more, or be more intentional with your family. But fast forward a few weeks, and reality has set in. The initial excitement fades, distractions creep in, and before you know it, your habits have slipped back to what they were before. Sound familiar? You're not alone. But what if the problem isn't lack of willpower, but the way we approach change in the first place?

Take a moment to think about the things you do every day. You wake up, brush your teeth, get dressed, maybe check your phone. Some of these actions require little effort. You

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don't have to decide whether to brush your teeth—you just do it. That's a habit.

Now, think about the things you want to do but struggle with. Maybe you want to exercise, read your Bible, or stop wasting time online. You tell yourself you'll start tomorrow, but tomorrow keeps moving further away. That's because habits, both good and bad, shape your life more than you realize.

The Bible puts it plainly:

“For as he thinks in his heart, so *is* he... (Proverbs 23:7 NKJV)

Who you are is the sum of what you repeatedly do.

That's why habits matter.

The Power of Habit

Habits make up most of your day. Studies show that nearly **half** of what you do daily isn't a decision—it's a habit. You don't wake up and ask, “Should I check my phone?” You just do. If you've always eaten a snack while watching a movie, your brain has linked those two actions together. If you start each day by praying, it becomes second nature.

The Bible shows us how habits shape lives. Daniel prayed three times a day, every day (Daniel 6:10). When a law forbade it, he didn't panic or hesitate—he just kept doing what

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he had always done. His habit of prayer was so ingrained that even the threat of death couldn't shake it.

Jesus also had habits. He often withdrew to quiet places to pray (Luke 5:16). It wasn't a last-minute decision or something He had to talk Himself into. It was part of His rhythm.

What about bad habits? The Bible warns us that sin can become habitual too. In the book of Judges, Samson repeatedly made foolish choices, ignoring warning signs until it was too late. What started as one small compromise turned into a pattern that cost him everything.

Good habits make obedience easier. Bad habits make sin easier. The direction of your life follows the patterns you create.

The Habit Loop: How Habits Form

Every habit follows a simple pattern:

1. **Cue** – Something triggers the behavior. (e.g., You wake up.)
2. **Routine** – You perform the habit. (e.g., You check your phone.)
3. **Reward** – Your brain gets a sense of satisfaction. (e.g., You see a notification and feel informed.)

This loop repeats until the habit becomes automatic.

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Let's apply this to something positive. Say you want to read your Bible every morning. You could set a **cue** by placing your Bible where you'll see it. Your **routine** would be reading one chapter. Your **reward** could be checking off a habit tracker or reflecting on what you learned.

Bad habits work the same way. If you always eat when you're stressed, the **cue** is stress, the **routine** is eating, and the **reward** is temporary comfort. Changing habits isn't about willpower—it's about rewiring this loop.

A Closer Look at Biblical Habits

This principle of habits isn't new. God has always worked through daily rhythms.

When God provided manna in the wilderness, He didn't give a month's supply at once—He provided daily (Exodus 16:4). The Israelites had to show up every morning, trusting God to sustain them.

When the disciples asked Jesus to teach them to pray, his response was to include asking for 'daily bread' (Matthew 6:11), reinforcing the idea that spiritual growth happens with consistency.

Daniel: The Habit of Prayer

Daniel's habit of prayer wasn't formed overnight. He didn't wake up one morning and decide to pray three times a

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day just because it seemed like a good idea. It was something he had developed over **years of consistency**.

When the king's decree made it illegal to pray, Daniel didn't suddenly decide to be bold. He simply did what he had always done. His habits gave him **strength in the moment of testing**.

Most of us want to be spiritually strong when life gets hard. But strength doesn't come from last-minute decisions—it comes from the **habits you've built when no one is watching**.

If your habit is turning to God when things are good, you'll turn to Him when things are hard. If your habit is ignoring Him in daily life, you'll struggle to find Him when the storm hits.

Jesus: The Habit of Solitude

Jesus often withdrew to quiet places to pray (Luke 5:16). This wasn't because He needed a break from people—it was because **His time with the Father was His priority**.

This habit was so ingrained that, even on the night before His crucifixion, He went where He always went—to the Garden of Gethsemane (Luke 22:39). His disciples didn't have to ask where He was. They knew.

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Imagine what would change in your life if prayer was that automatic. If spending time with God was your default, not something you had to force yourself to do.

That kind of habit doesn't happen by accident. It happens through repetition, commitment, and valuing time with God more than temporary distractions.

Samson: The Habit of Compromise

Not all habits are good ones.

Samson had a habit of **compromise**. Time and time again, he made choices that seemed small in the moment but led to his downfall.

- He pursued relationships God warned against.
- He toyed with temptation instead of fleeing from it.
- He assumed he could handle situations in his own strength.

By the time Delilah finally betrayed him, his downfall was already sealed—not because of one moment, but because of a **lifetime of unchecked habits**.

Samson didn't fall because of one bad decision. He fell because of a **pattern of bad decisions**.

Your life is being shaped the same way. The little habits you allow today will determine who you become tomorrow.

Why Habits Are Hard to Change

You might wonder, “If habits are so powerful, why is it so hard to change them?” The answer is simple: **your brain prefers efficiency**. It takes effort to make a decision, but habits run on autopilot.

Think about tying your shoes. As a kid, you had to focus on every step. Now, you don’t even think about it. That’s how habits work. The more you repeat something, the stronger the mental pathway becomes.

This is good news. It means once you build a good habit, it will become automatic too. But it also means breaking bad habits takes more than just trying harder.

That’s why the Bible tells us to **renew our minds** (Romans 12:2). Your habits won’t change until your thinking changes. If you believe you’ll always struggle with laziness, you will. If you believe God is working in you to build discipline, you’ll start living like it.

The First Step to Change

Here’s the truth: You are already becoming someone. The question is, who?

The choices you make today are shaping the person you will be a year from now. If you do nothing, your current habits will decide for you.

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Here's your first step: **Pay attention to your habits this week.** Don't try to change anything yet. Just notice:

- What do you do without thinking?
- What habits help you grow closer to God?
- What habits pull you away?

Once you see your patterns, you can start shaping them instead of letting them shape you.

The good news? God's grace meets you where you are, but His Spirit empowers you to change.

Key Takeaways

- **Habits run your life**, whether you realize it or not.
- Every habit follows a loop: **cue** → **routine** → **reward**.
- **Good habits make obedience easier**; bad habits make sin easier.
- **Biblical figures** like Daniel, Jesus, and Samson **show the power of habits**—for good or bad.
- The first step is **paying attention to the habits you already have**.

Looking Ahead

Next, we'll talk about how your identity shapes your habits—and how to change who you are by changing what you do.

Chapter 1 Reflection & Application

1. **What habits—whether good or bad—have shaped your life the most up to this point?** How have they influenced your spiritual growth, relationships, and daily routines?
2. **Think about a time when you wanted to change something in your life but struggled to make it stick.** What made it difficult? What eventually helped (or what could have helped) you follow through?
3. **Genesis 1:1 tells us that God is a God of order.** How does understanding the power of consistent, daily actions help you reflect God's design in your own life?
4. **What is one small, positive habit you could begin today that would help you move closer to the person God is calling you to be?** What's the simplest way to start?