



## Come and See: the Beatitudes

Transcript, episode six: The habits

[Come and See: Week 6 - The habits](#)

Hi, welcome to video six of the Come and See series. My name is Westy, I'm the Youth Minister at St Andrew's Church in Sonning in Berkshire. I'm also the chaplain at Piggott School in Wargrave.

We've been thinking about Jesus's words from over 2,000 years ago, which we call the Beatitudes. In some ways you could see that they're like the ways that the Bible teaches us in how to live, and sometimes are the opposite of what the world says.

So where the world might say be proud of yourself and back yourself and be fully invested in yourself, Jesus talks about being humble and meek. The world tells us to be ruthless and get from it what you need. Jesus's words teach us to be merciful and forgiving. The world, certainly for me, told me over the years to get revenge when I'm wronged, but Jesus's words teach us to be peacemakers. The world might tell us to look after number one, but Jesus's words tell us to always be looking out for others.

So in this session we're thinking about habits. We all have habits; some are good, some probably not so good. Have a think for a moment about the habits that you have - are they all good for you? Are some of them may be detrimental or bad for you in some way?

Experts say it takes 66 days to form a new habit, but as we know some habits are really hard to form and to stick to than others. Like for me I have a daily habit, probably bad for me, of drinking two double espressos each morning. The habit I don't have, which I should have, is sticking to doing 20 press-ups a day. So what habits might Jesus be teaching through these Beatitudes?

Well there are three basic but fundamental habits arising from them that Christians try to focus on, and they're things which we could all do well to consider, whatever our beliefs or worldview.

The first one's all about giving, especially to those in need. Every day there'll be people, situations and circumstances in the world that have needs, but how often do we find ourselves giving our time, our attention, our resources to others?

This might be lived out through maybe buying a coffee for someone who is living on the streets. Maybe it's a friend you've got who really needs you to be there for them and listen to them when they're having a hard time, or maybe you go to a church or a place of worship and it's about tithing and giving your money to the mission of that place.

The second habit is all about prayer and worship. Jesus says we should go into our rooms, close the door and pray to our Father in Heaven. He says 'Your father knows what you need, he knows what your longs and your desires are', and as long as they're in line with his will he longs to fulfil them. So what or who needs your prayers today?

The third habit, and this one's a little bit more challenging, it's called fasting. It's not a word we use very much, but it's where we give up something like food or alcohol or Netflix or Snapchat or our phones. It helps remind us that life shouldn't be ruled by things or food but by more important things, and for Christians and those who seek God, this is our relationship with God.

Whilst these habits are generally done on our own or in secret, it can be really helpful to speak to a friend or a trusted adult who can help you keep on track. Maybe you could think about who might be that person for you to help you stick to some good habits.

And finally we want to say a huge thanks for listening and walking with us through these Beatitudes. We hope it's helped to encourage you in your life, in your studies and school work, with your relationships, and particularly with your faith. Thanks.