**ONE MINUTE HABITS**!

*“So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun.” Ecclesiastes 8:15 NIV*

I meet so many Christians who are sad, depressed or stressed out with their busy schedule. Where is their joy and love? Aren’t we supposed to live in perfect peace?

Here’s ten One Minute Habits that will definitely improve your life! These daily habits (smile!) will add spiritual and physical health, wholeness, and happiness to your busy and short journey on God’s green earth!

**ONE MINUTE PLANNER**- Take one minute in the morning to pray over your plans for the day. When you go to bed, take one minute to thank God for the good things that happened, reviewing them backwards from end to beginning.(This promotes sleep!)

**ONE MINUTE WITNESS**- Practice your One Minute Witness, and then pray “Lord, I’m available today” to share my faith-story with someone. ([www.OneMinuteWitness.org](http://www.OneMinuteWitness.org)) Doing this daily will make you a much stronger and more fruitful disciple.

**ONE MINUTE INFLUENCE** - Pray for one person to encourage today. As you both greet and leave them today, look at their eyes, smile, and tell them one good thing you like about them. Influence can be in the “hi’s” and the “goodbye’s”!

**ONE MINUTE BALANCE** - Stand on your left foot while holding your right ankle up with your right hand near your buttock. Do this while raising your left arm straight up for 30 seconds.Then repeat with the other foot. (This helps keep your body balanced!)

**ONE MINUTE FLAT STOMACH**- Take a big breath and then hold it in for 10 seconds while firmly pulling in your gut, then repeat it four more times. One minute per day gradually strengthens your core muscles, thus flattening your stomach. Limiting your daily sugar and carbohydrates intake will also help tremendously.

**ONE MINUTE TEMPTATION BUSTERS**- When tempted with a wrong thought, immediately think about and pray the opposite thought. Ask the Holy Spirit what to pray. Having a defensive plan gives us confidence to defeat our temptations quickly.

**ONE MINUTE MEDITATION**- Pick one scripture to dwell on, and memorize it out loud, one piece at a time. Repeat it three times by memory, while meditating on it. As you concentrate on drawing near to God, you’ll feel your stress melt away.

**ONE MINUTE WORSHIP-** From your heart, sing your favorite worship chorus LOUDLY to the Lord while in your car or shower. (Acoustics are best here) He loves it when we delight ourselves in Him (Psalm 37:4) and when we make a joyful noise to our Lord!

**ONE MINUTE SPIRIT-SONGS-** Use your prayer language as the lyrics as you sing a favorite worship chorus. Sing it from your heart to the Lord! Your one minute may grow longer as His presence fills you again. We must continually pray in the Spirit.

**ONE MINUTE ICE CREAM**- After dinner, treat yourself to 3 spoonfuls of your favorite dessert. Cherish each spoonful for 20 seconds. (You can’t buy happiness, but you can buy ice cream!) This is low calorie and high joy!

TT: Small daily changes can make a huge difference… over time.