

Why habits matter more than motivation

Motivation is like a spark – exciting at first but often short-lived. Habits, however, are like the steady embers that keep the fire burning long after motivation fades. Galatians 6:9 encourages us, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Consistent habits are what carry us forward, even on days when motivation decides to sleep in.

The power of “raising your habits”

To raise your habits is to bring your daily actions to the level of the life you’re called to. Making small, intentional steps daily builds up to significant changes over time. Devoting between 30 and 60 minutes each morning to prayer and spiritual growth or setting aside consistent professional or relational growth time. As these habits accumulate, they propel us toward God’s calling.

How to Build Habits That Last

Start small, stay consistent: Start with a small, achievable habit and build trust in yourself to show up each day.

“Whoever can be trusted with very little can also be trusted with much” (Luke 16:10).

Prioritize showing up over perfection: Perfection can be paralyzing. Proverbs 24:16 reminds us, “Though the righteous fall seven times, they rise again.” Success is about showing up day after day, not being flawless.

Find accountability: “As iron sharpens iron, so one person sharpens another” (Proverbs 27:17). Having someone to share your goals strengthens your commitment and makes consistency easier.

A simple challenge

So here’s a question: are you ready to raise your habits? Choose one meaningful goal. Identify one or two small habits that will help you reach it. Each of us have this inevitable choice to make: to either lower our goals or raise our habits, because that’s the first step to mastering the art of consistency and living a life of purpose and impact.

Christian Ray Flores is an evangelist, entrepreneur, and performance coach. He helps purpose-driven professionals learn how to reach and sustain their God-given purpose and impact. Subscribe to his free weekly newsletter here. Subscribers get exclusive access to free monthly group coaching webinars. Access the schedule for upcoming topics here.



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Lower Your Goals or Raise Your Habits: A Path to Faith-Filled Excellence

UPCOMING EVENTS

- Pure & Simple XV**
Saddle Brook, NJ, USA
November 8-10, 2024
- Broward Singles NYE Party**
Ft. Lauderdale, FL, USA
December 31, 2024
- Teleios Conference**
February 20-22, 2025
Abilene, TX, USA or online
- Beloved & Dignified Conference**
Online
March 28-29 2025
- DT Travel**
South Africa
September 20–October 2, 2025

October 29, 2024 • Christian Ray Flores – Austin, TX, USA

For subscribers of Disciples Today I’m offering monthly free group coaching webinars. The next one is on November 2nd at 12 PM CST: Making a Career Leap – Recalibrate and Reinvent Your Professional Life. If you are a subscriber, register here and claim your spot.



I’m a big fan of J.S. Bach. Arguably the greatest composer who ever lived, his music fills the room whenever I write. Bach, a man of faith who signed his works with Soli Deo Gloria (to God alone all the glory), was known to occasionally lose his temper – especially around sloppy musicians.

His frustration, however, wasn’t about pride but about seeing untapped potential go unfulfilled. The Bible reminds us, “Whatever you do, work at it with all your heart, as working for the Lord” (Colossians 3:23). True excellence reflects God’s gift within us. Those who are masters in their craft can see when others aren’t quite putting in the work.

Here’s the good news: most people are capable of far more than they realize. They just need to make a single, defining choice: “Either lower your goals or raise your habits.”

Think about it. We often set big spiritual, professional, or relational goals that feel just out of reach. Goals are meant to stretch us, but when we struggle to achieve them, it’s usually not the goals that are the issue; it’s our habits. James 1:22 reminds us, “Do not merely listen to the word, and so deceive yourselves. Do what it says.” Real growth happens through steady, consistent action over time.

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