



Cynthia Shepherd ministers to the homeless of Phoenix, AZ, mentoring women and serving on healing room and prayer intercession teams. She is a student in Global University and a writer. In addition to her ministries, she teaches high school science in the Phoenix school system. She is preparing to go to Uganda and Israel this summer.

Holy Habits

Cynthia Shepherd

I have heard it said that it takes 28 days to form a habit and stick to it. I believe it. Whatever you attempt to accomplish in life requires diligence and practice. As a child, I remember my parents telling me over and over, "Practice makes perfect." I would

practice ballet, piano, tap dancing...and I never got it right, much less reached perfection. The problem lay in that I did not form a habit. As the oldest, I was the guinea pig and experienced a variety of learning opportunities. With so much diversity in my life, I found myself distracted and did not apply myself or form habits.

As I matured and accepted Yeshua as my Lord and Savior, my "holy habits" developed. No longer a distracted tumble weed (I live in the desert!), my focus became Jesus and I never looked back. I thank my maker that he changed me into the daughter He designed. My habits have become "holy" without me striving for perfection. Praying in tongues daily, reading God's word, witnessing, and serving my Lord now provide my focal point. Nothing compares to this intimacy I share daily with the Holy Spirit. As the beautiful song says, "Let all the other things fade away, all other things fade away.....la la la."

While practicing and living these holy habits, God speaks through the Holy Spirit and gives direction, opening ministry opportunities for me. I appreciate his guidance that comes through holy habits.