

Sermon Title: "Spiritual Habits"
Series Title: Habits
Scripture: 1 Timothy 4:6-10
Speaker: Mike Barnhart



Habit - An acquired behavior pattern regularly followed until it has become almost involuntary.

Habits also point us toward something bigger than the habit itself.

Ethos - custom, way of life.

1 Timothy 4:6-10 (ESV) - 6 If you put these things before the brother, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. 7 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 9 The saying is trustworthy and deserving of full acceptance. 10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

Christians are people with new hearts & old habits.

But, to grow...to devote our whole lives to Jesus, we need to develop new habits—spiritual habits.

Spiritual habits are the practice of worshiping Jesus.

Because spiritual habits are the practice of worshiping Jesus, you must _____
_____ for _____.

1. _____ **God's Word.**

1 Timothy 4:6 (ESV) - 6 If you put these things before the brother, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed.

1 Timothy 4:7 (ESV) - "Have nothing to do with irreverent, silly myths."

2. _____ **the Promise.**

1 Timothy 4:8 (ESV) - for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Training to be godly is of supreme value.

As you open your Bible each day, do so—expecting, anticipating—to taste the promise.

3. _____ **in Hope.**

1 Timothy 4:9-10 (ESV) - 9 The saying is trustworthy and deserving of full acceptance. 10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

1 Timothy 4:10 (ESV) - "...because we have our hope set on the living God, who is the Savior..."

Because God's given you a hope that lasts...Because godliness is the means to knowing and enjoying Jesus, you can persevere too.

You're 100% incapable to train yourself for godliness on your own.

Open up your Bible each day. Develop the habit of **trusting God's Word**.
As you open up your Bible each day, ask God to allow you to **taste the promise**.
When you open up your Bible each day, **persevere in hope**.