



Habits

DESIRE • PRACTICE • HABITS • CHARACTER

HABITS

...the church's overarching goal was 'renewing [people] from their old habits into the newness of Christ'

– Irenaeus, 130-202 A.D.

Haer. ANF 1:444.





- **What do I DESIRE?**
- **What PRACTICES will I engage that are consistent with that desire?**
- **What HABITS will I embody that will start changing me?**
- **What CHARACTER traits of God will begin to define me?**

Inward Disciplines of:

meditation

prayer

fasting

study

**Offer avenues of personal examination
and pathways to lasting change.**

Outward Disciplines of:
simplicity
solitude
submission
service

**Help prepare us to engage in order to help
make the world a better place.**

Corporate Disciplines of:
confession
worship
guidance
celebration

Bring us nearer to one another and to God.

**I already feel
guilty about not
reading the Bible
and praying
enough; the last
thing in the world
I want is ten
other things to
feel guilty about
not doing.**

– John Ortberg, The
Life You Always
Wanted.



WHAT THE DISCIPLINES ARE NOT:

- A BAROMETER TO MEASURE OUR SPIRITUAL LIVES
- NECESSARILY UNPLEASANT
- ABOUT TRYING TO BE GOOD ENOUGH TO EARN FAVOR WITH GOD
- ABOUT CREATING MORE “TO DO’S” FOR OURSELVES OR FOR OTHERS



Goal: To find new pathways in our lives that open us to receive the abundance that God has for all of His children.

“There is an immense difference between training to do something and trying to do something . . . spiritual transformation is not a matter of trying harder, but of training wisely.” – John Ortberg

...train yourself in godliness.
- 1 Timothy 4:7

**Everyone who competes in the games
goes into strict training.**
- 1 Corinthians 9:24





Study

**...to direct
the mind
repeatedly
and
regularly
toward
certain
modes of
thought.**



**What we
study
helps to
determine
the kind of
habits that
we form.**

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- Philippians 4:8-9

TEACHABLE SPIRIT

It is always important to understand study with an attitude of humility and teachability since any practice of increasing knowledge can have a tendency to feed our pride or arrogance. – Richard Foster



Scripture not only gives us true information about how our lives can be transformed; it will itself be part of that process.

– NT Wright, Paul for Everyone

And remember, our Lord's patience gives people time to be saved. This is what our beloved brother Paul also wrote to you with the wisdom God gave him— speaking of these things in all of his letters. Some of his comments are hard to understand, and those who are *untaught* and unstable have *confused* his letters to mean something quite different, just as they do with other parts of Scripture. *The result will be a disaster for them.*

- 2 Peter 3:15-16

TRUE DISCIPLES

Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

- John 8:31-32

Your word is a lamp to my feet and a light for my path. – Psalm 119:105



STUDY

- 1. Pick a Theme**
- 2. Explore Bible Passages**
- 3. Invest in Investigation**
 - Apply Exegetical Tools**
 - Understand the Intent**
 - Gain Knowledge**
- 4. Observe People**