



HOLY
Habits
SERIES

HOLY HABITS THAT LEAD TO WHOLENESS

*Practical Steps
Toward Spiritual Wholeness*

**A 30-Day Devotional to
Transform Your Spirit, Soul, and Body**

**A WEEKLY 5-DAY
DEVOTIONAL JOURNAL**

RABBI BRIAN BILECI



HOLY Habits

THAT LEAD TO WHOLENESS

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HOLY *Habits* **THAT LEAD TO WHOLENESS**

Holy Habits Series Resource:

“A Spirit-Filled Summer Devotional that will Transform Your Life by Refreshing Your Spirit, Renewing Your Mind, and Training Your Body!”

Welcome to Holy Habits: The Holy Habits Devotional Journal is a 5-week, Spirit-led journey designed to refresh your spirit, renew your mind, and train yourself on how to realign your daily life with God's holiness and wholeness. Drawing from the practical wisdom of 1 Thessalonians, this devotional isn't just about a behavioral change—it's about your identity and the Holy Spirit's transformation in your entire life.

WITH A SEVEN-PART DAILY FOCUS:

- 1. Habit of Daily Reading**
- 2. Habit Focus of the Day**
- 3. Unhealthy Habit to Break**
- 4. Unrecognized Habit**
- 5. Building the Habit**
- 6. Developing the Habit**
- 7. Holy Habits in Action**

Each entry helps you not only hear God's voice but respond with intentional action. Whether you're breaking old cycles, developing spiritual rhythms, or reclaiming your identity in Messiah, these pages will meet you with grace and challenge you toward growth.

OVER FIVE WEEKS, YOU'LL FORM HOLY HABITS THAT:

- **Break destructive patterns**
- **Cultivate spiritual maturity**
- **Heal unhealthy relationships**
- **Strengthen your faith**
- **Anchor your identity in who God says you are**

This devotional is perfect for individual reflection, group study, or daily accountability, and offers truth with clarity and grace with conviction. Each day invites you to become—not just someone who's just trying harder to be holy—but someone who's being transformed daily by the power of the Holy Spirit. If you're ready to stop striving and start living a holy life from a place of purpose, power, and peace, then **HOLY HABITS THAT LEAD TO WHOLENESS** is your guide to a renewed you.

Whether you want to overcome and break unhealthy habits or build new spiritual disciplines, this devotional will equip you to walk in holiness, wholeness, and divine purpose. With reflection prompts, Scripture meditation, and practical applications, each day will help you become who God says you are—and live it out every day.



THAT LEAD TO WHOLENESS DEVOTIONAL JOURNAL

Seven Part Structure

This 5-Week Devotional Journal—a Spirit-led roadmap to deeper wholeness, personal renewal, and lasting transformation. This month, we're not just building habits for habit's sake—we're shaping holy patterns that reflect who you are becoming in the Messiah.

Drawn from the powerful truths of 1 Thessalonians, this devotional is designed to break destructive cycles, restore identity, and form spiritual rhythms that root you in God's presence and purpose. If you've ever felt stuck in patterns or cycles that don't align with who God says you are, this journal will guide you—step by step—toward wholeness that overflows into holiness. Unlike surface-level devotionals that focus only on what you do, this journey is grounded in who you're becoming. God doesn't just want better behavior—He's calling you into a transformed identity. From that place, holy habits can flourish.

How to Use This Journal

Each day includes a 7-part rhythm designed to train your heart, renew your mind, and invite God's Spirit into your daily routines:

1. Habit of Daily Reading

A short Scripture passage to anchor your heart and mind in God's truth each day.

2. Habit Focus of the Day

A single truth that centers your habits on your identity in the Messiah, who you are, shapes what you do.

3. Unhealthy Habit to Break

A mindset or behavior to release so it no longer controls your spiritual growth or daily walk.

4. Unrecognized Habit to Notice

A subtle pattern or influence you may overlook, but that quietly shapes your faith, values, and choices.

5. Building the Habit of Prayer

A short, intentional prayer to align your heart, mind, and actions with God's will for today.

6. Developing the Habit of Devotion

A deeper engagement with Scripture—reflect, write, and apply God's Word personally to your life.

7. Holy Habits in Action

A Spirit-led step that turns today's truth into a living habit of holiness—faith put into practice.



THAT LEAD TO WHOLENESS DEVOTIONAL JOURNEY

As we journey through 1 Thessalonians, our goal is to allow God to shape us from the inside out. Each week, Holy Habits will challenge you to align your daily rhythms with God's purpose, pursue transformation over striving, and embrace the Spirit's power to live a holy, whole, and surrendered life. By the end of this series, you'll be equipped to break unhealthy cycles, build spiritual momentum, and develop the kind of habits that lead to lasting change—habits that don't just make you better, but make you holy.

WHAT IS THE DESIRED GOAL?

- *Trust God's process more than your own strength or striving.*
- *Break free from old cycles through Spirit-led transformation and daily surrender.*
- *Be restored in every part—spirit, soul, and body— to live a life marked by wholeness and holiness.*
- *Live out your faith with integrity, consistency, and purpose, impacting every relationship and responsibility.*

These aren't just spiritual principles to study—they're holy habits that shape how we think, live, love, and grow. Through the power of the Holy Spirit and the wisdom of Scripture, we're learning to let go of trying and step into a lifestyle of transformation, sanctification, and spiritual maturity—becoming the people God intended us to be from the start.

WHAT IS THIS DEVOTIONAL JOURNEY?

Over five powerful weeks, you'll be guided through key spiritual breakthroughs:

- **Week 1: Building Habits from Identity** – Start with who you are, not just what you do.
- **Week 2: The Power to Change** – Receive grace and courage to replace old patterns.
- **Week 3: Breaking Bad Habits** – Learn how to break cycles that are trying to break your life.
- **Week 4: Spirit-Led Transformation** – Stop trying harder and start surrendering deeper.
- **Week 5: Wholeness as the Foundation of Holiness** – Let God make every part of you whole and set apart.

Whether you're reading this on your own, in a small group, or using it for daily accountability, this devotional is here to equip you with grace-fueled truth and practical tools. You don't have to stay stuck. You don't have to figure it all out alone.

If you're ready to see lasting change—rooted in God's love and carried by His Spirit—then let's begin. Because when your habits align with your identity, wholeness becomes your way of life.

Intro Day: Sunday Reflection



SUNDAY SERMON: MAKING HOLY HABITS
Breaking Patterns & Restoring Wholeness

THEME VERSE:

"Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body..." – 1 Thessalonians 5:23 (TPT)

THREE HOLY HABITS THAT BRING OUR SPIRIT, SOUL, & BODY INTO WHOLENESS:

1. FEED YOUR SPIRIT FRESH MOTIVATION EVERY DAY

– Let your inner man be filled and inspired with inner strength to develop Holy Habits

5b "...What you experienced in the GOOD NEWS ...it came to you as a LIFE-EMPOWERING, SPIRIT-INFUSED MESSAGE..6...You took to HEART the WORD we TAUGHT with joy INSPIRED by the Holy Spirit..." – 1 Thessalonians 1:5b-6 (VOICE)

INSIGHT: It's not about our willpower, it's about Spirit-inspired power that gives us inner strength.

IF YOU WANT YOUR SPIRIT STRONG, YOU'VE GOT TO FEED IT:

Jeremiah said, 'YOUR WORDS were found, and I ATE THEM, and YOUR WORDS became to me a joy and the DELIGHT of my heart' – Jeremiah 15:16 (ESV)

"In my inner man, I DELIGHT in the Torah of God." – Romans 7:22

"How sweet are Your words... sweeter than HONEY." – Psalm 119:103

"Man shall not live by BREAD alone, but by every WORD...from the mouth of God..." – Matthew 4:4

"I am the BREAD OF LIFE...The words I speak to you are spirit and life." – John 6:35,63

"Like newborn babies, crave the PURE MILK of the Word..." – 1 Peter 2:2

"adults grow by eating MEAT or SOLID FOOD for SPIRITUAL MATURITY..." – Hebrews 5:12–14

CONTRAST BEING WELL-FED TO BEING MALNOURISHED:

But here's the other side: If the Word feeds our spirits, the absence of the Word starves our souls. Amos prophesied, "The days are coming... when I will send a FAMINE through the land—not a FAMINE of FOOD or THIRST for WATER, but a FAMINE of HEARING THE WORDS of the Lord" (Amos 8:11).

A famine of the Word leads to a malnourished spirit—and a malnourished spirit will always lead to a weak faith. You can't fight spiritual battles when you're spiritually starving and malnourished.

MAKE A NEW HABIT: Feed your spirit daily with the Word to strengthen your inner life.

2. UNPACK YOUR SOUL FOR THE JOURNEY AHEAD

– Let Your Mind and Emotions Release and Unlearn Unhealthy Patterns

"...He is the one who gives us PEACE (Shalom: "Wholeness") in our MINDS. I pray that he will take care of you in every way, in your SPIRIT, in your SOUL, and in your BODY." – 1 Thessalonians 5:23b (ERV)

Illustration: Ever overpacked for a trip, just in case? You haul around things you never use—only realizing later how much unnecessary weight you carried the whole time. Life is the same—we overpack our souls with fear, offense, and emotional baggage. Until we unpack, we don't realize the weight we carry. Holy habits help us let go and travel light, living free from burdens.

MAKE A NEW HABIT: Break the thought patterns that drain you and replace them with NEW PATTERNS that RENEW YOUR SOUL—replace a SOUL-DRAINING ACTIVITY with a SOUL-RENEWING TRUTH this week.

3. TRAIN YOUR BODY LIKE A SKILLED ATHLETE

– Let Your Life reflect God's Holiness as You put His Word into Practice

4 "That each of you should learn to CONTROL your OWN BODY in a way that is HOLY and honorable...

7 For God did not call us to be impure, but to live a HOLY LIFE." – 1 Thessalonians 4:4,7 (ERV)

All ATHLETES are disciplined in their TRAINING. They do it to win a prize that will fade away, but we do it for an eternal prize. – 1 Corinthians 9:25 (NLT)

MAKE A NEW HABIT: Establish physical patterns that align your body with God's purpose.

LOOKING AHEAD AT YOUR WEEK

WEEK ONE: Making Holy Habits:

Theme:

Today, choose a habit that produces by faith—like speaking God's promises aloud before you see results. Add a habit that motivates a labor of love—such as intentionally encouraging someone who can't repay you. Then, practice a habit that inspires endurance by hope—like journaling a short testimony of how God has come through in the past to remind yourself He will do it again. These holy habits don't just shape your day; they reshape your soul to live from identity, not insecurity.

WEEK 1 – Making Holy Habits: Breaking Patterns and Restoring Wholeness

Theme Verse: 1 Thessalonians 5:23 and 1 Thessalonians 1:1–10

Theme: Habits begin with who you're becoming, not just what you're doing.

DAY 1: Monday – Habits That Reflect Your True Identity

Focus: Identity Shapes Habits (1:1–3)

DAY 2: Tuesday – Power to Break Patterns

Focus: God's power fuels change (1:4–5)

DAY 3: Wednesday – Modeling Messiah Through Action

Focus: Following godly examples (1:4,7)

DAY 4: Thursday – A Lifestyle That Echoes Faith

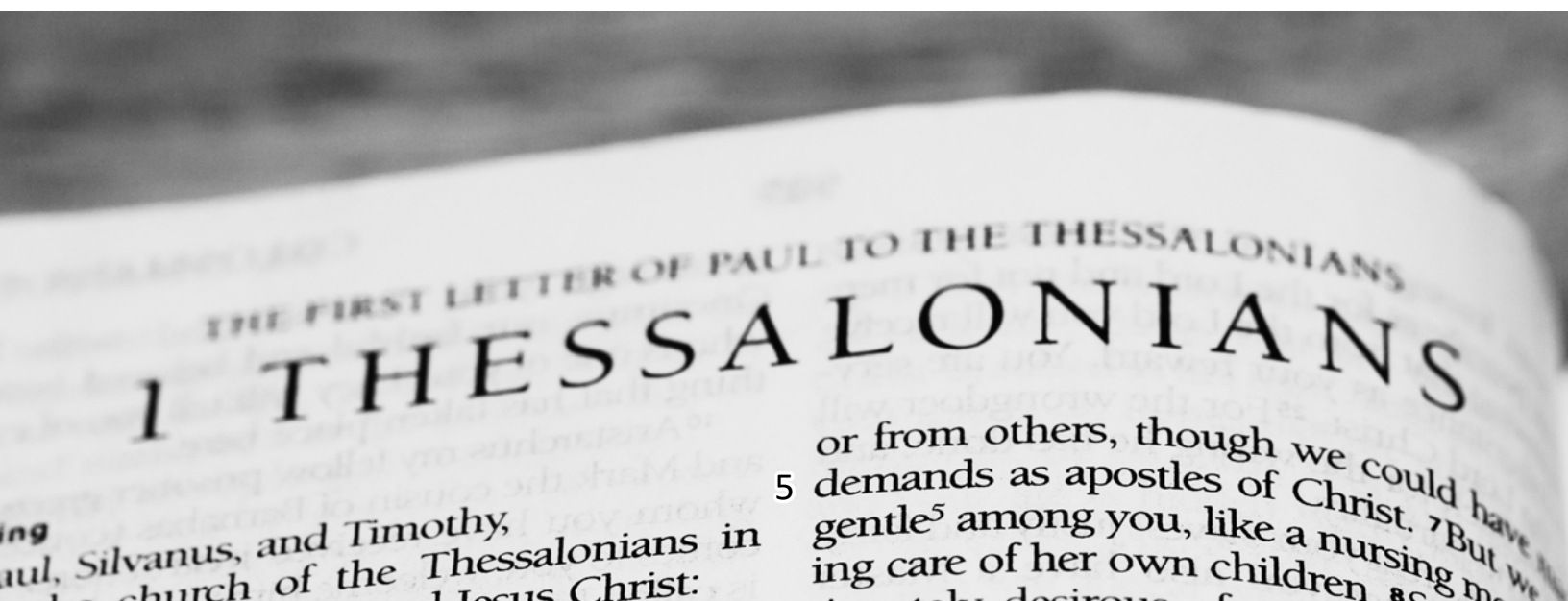
Focus: Habits influence others (1:7–8)

DAY 5: Friday – Turning from Idols to Intentional Living

Focus: Shifting allegiance and priorities (1:9–10)

DAY 6: Saturday Reflection – Breaking Cycles, Building Holiness

Focus: Review the 5 practical habits for transformation



DAY 1

1 Thessalonians 1 International Standard Version

1 From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! 2 We always thank God for all of you when we mention you in our prayers. 3 In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring. 4 Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. 6 You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. 7 As a result, you became a model for all the believers in Macedonia and Achaia. 8 From you the word of the Lord has spread out not only in Macedonia and Achaia, but also in every place where your faith in God has become known. 9 For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God 10 and to wait for his Son whom he raised from the dead to come back from heaven. This Jesus is the one who rescues us from the coming wrath.

Habits That Reflect Your True Identity

HOLY
Habits



Day 1: *Habits That Reflect Your True Identity*

HABIT OF DAILY READING

"From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! We always thank God for all of you when we mention you in our prayers. In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring." - 1 Thessalonians 1:1-3 (ISV)

HABIT FOCUS OF THE DAY

Holy habits are the natural overflow and outcome of knowing your divine identity and who God has called you to be. Before we can fully settle into what God has called us to do, we must discover who He created us to be. Paul begins his letter by encouraging believers living in Thessalonica with the reality of their new identity: as children of God, chosen by His grace, and secured with His peace. After greeting and affirming them, he acknowledges their active work of faith, their hard-working labor of love, and their enduring hope in the Messiah. Paul realized that their faith was fruitful and productive, their love was beyond measure, and their hope was the promise of the Messiah's return, which fueled their passion for God, even in the midst of constant persecution.

Here are three holy habits tied to the three virtues of 1 Thessalonians 1:3:

- **Habit that Produces by Faith:** Daily Surrender & Step of Obedience

Begin each morning with a simple surrender to God and take a step in response to God's Word or prompting. Faith is made visible by action (James 2:18).

Example: Obey a "Holy Spirit nudge" to reach out or encourage someone even when it stretches you and gets you out of your comfort zone.

- **Habit that Motivates a Labor of Love:** Intentional Acts of Selfless Service

Build a habit of one intentional act of love each day. Choose a person and do something purely to bless them—write, call, help, forgive, or support with no strings attached.

Example: Write a note of encouragement, forgiving someone from the heart, or helping someone carry a burden.

- **Habit that Inspires Endurance by Hope:** Hope-Focused Journaling or Scripture Meditation

Each evening (or when facing weariness), write down or meditate on one promise from Scripture that gives you eternal perspective. Let this renew your mind and strengthen your resolve to press on.

Example: Reflect on today's passage then journal how it helps you make new habits.

UNHEALTHY HABIT TO BREAK

Stop trying to perform or create a new identity—instead, practice walking in your God-given identity, declaring what God says about you. When we work to earn acceptance or validation—even spiritually—we form habits rooted in insecurity. Break the cycle of trying to prove your worth and start living from the truth, that in the Messiah, you are already fully accepted by God. This acceptance is not based on performance but comes by grace, received through faith when you put your trust in Jesus (Yeshua) as your Savior and Lord.

UNRECOGNIZED HABIT TO NOTICE

Don't allow fear or peer pressure to dictate your day or affect who you are or how you'll behave. Without realizing it, we often shape our days around fear of failure, rejection, or past mistakes. Pause and ask yourself: Do my habits cause me to walk in fear or faith? Is my faith active, my love expressive, and my hope enduring in God's promises, or am I falling back into old patterns and familiar faults and failures? Recognize and write down any unhealthy habits that you're starting to develop again.

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You that my identity is secure in You. I am loved, chosen, and called. Let my habits reflect who I am in Messiah, not who I'm trying to become without You. Help me walk in faith, labor in love, and endure through hope. In the name of Jesus, Yeshua the Messiah. Amen."

Write down the things you want to do today to build new holy habits into your day's routine

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

What words in 1 Thessalonians 1:1–3 describe how God sees you?

In what areas have you let performance replace identity?

How can your habits today be more rooted in love than in pressure?

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Personal Application:

Choose one identity-centered truth (e.g., "I am loved," "I am chosen," "I am called") and declare it aloud every time you start a task today.

Write down the things you want to declare over your life today to devote yourself to be set apart:

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HOLY HABITS IN ACTION

Living from your identity in Messiah means that what you do flows from who you are—not to earn love, but because you are already deeply loved and chosen. Holy habits are the daily rhythms, devoted routines, and intentional activities that anchor our souls in the truth. They aren't religious checklists, but spiritual expressions of your identity in the Lord. These habits—like prayer, encouragement, generosity, worship, or serving others—are the natural overflow of a heart aligned with God's purpose.

When you start your day declaring, "I don't perform to be accepted—I act because I am loved," you reset your motivation. You're no longer striving for approval but living from grace. Choosing a holy habit and intentionally walking it out brings your faith to life, puts love into motion, and fuels enduring hope in real time.

*Pray with purpose. Serve with joy. Give with generosity. Speak with encouragement. These are holy habits that not only reflect your set-apart identity, but also shape you more and more into the likeness of the One you follow. Don't just believe in Jesus—become like Him and be fully transformed by His Spirit. Let your actions be the visible display of your soul's new identity in the Lord. **Today you are "Breaking Patterns and Restoring Wholeness."***

Write down the new habits you will begin or old habits you'll break to restore wholeness:

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** *You'll walk with fresh boldness, energized by the Holy Spirit, as your faith becomes active and Spirit-led.*
- **SOUL (Renewing of Mind, Emotions, & Will):** *Your mindset will shift toward confident trust in God's faithfulness, sincere love in action, and enduring hope in Jesus, the Messiah.*
- **BODY (Retraining Your Daily Priorities):** *Your daily choices—how you speak, how you serve others, and how you show up for people that need your help—will begin to reflect the labor of love and steadfastness of hope that marks a life fully-devoted to God, and empowered by His Spirit.*

DAY 2

1 Thessalonians 1 International Standard Version

1 From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! 2 We always thank God for all of you when we mention you in our prayers. 3 In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring. 4 Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. 6 You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. 7 As a result, you became a model for all the believers in Macedonia and Achaia. 8 From you the word of the Lord has spread out not only in Macedonia and Achaia, but also in every place where your faith in God has become known. 9 For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God. 10 and to wait for his Son whom he raised from the dead to come back from heaven. This Jesus is the one who rescues us from the coming wrath.

Power to Break Patterns



Day 2: Power to Break Patterns

HABIT OF DAILY READING

“Brothers whom God loves, we know that He has chosen you, for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. Indeed, you know what kind of people we proved to be while we were with you, acting on your behalf.” - 1 Thessalonians 1:4-5 (ISV)

HABIT FOCUS OF THE DAY

Bad habits are hard to break, especially when there isn't a new pattern to replace them. Paul gives us a powerful tool to help us break free from old patterns and start new ones. He passionately affirms that God has chosen each of us, not by mere words of the apostle, but with the undeniable power of the Holy Spirit, inspiring deep conviction in the hearts of the listeners. Paul's transparency allowed his audience to see who he was, as he shared his heart. He taught his disciples in bold faith, affirming that all those whom God truly loves are called by His name. True transformation is not about our willpower; it's about Spirit-inspired power that gives us inner strength. Willpower can push you for a day, but the Spirit empowers you for a lifetime. Patterns break when the source of change is no longer yourself, but the One who chose you.

Holy Habits hidden in 1 Thessalonians 1:4-5:

- **Habit of Deep Conviction** – Live out what you believe with unwavering faith and consistency. Internalize the truth you read and listen to so deeply that it shapes your daily choices and responses. Stay rooted in prayer, Scripture, and a commitment to truth.
- **Habit of Spirit-Empowered Living** – Rely daily on the power and guidance of the Holy Spirit. Listen to God's voice, walking in obedience, and expecting His supernatural help in every area of life.
- **Habit of Bold Gospel Witness** – Share the message of salvation with boldness and sincerity. Don't just hear the Word, but receive it actively and share it boldly, after you've studied Scripture, embraced its message fully, so you can share your faith with others.
- **Habit of Modeling the Messiah** – Let your life consistently reflect the character of Jesus.
Holy Habit: Living a life of integrity and Christ-like example before others. Let your lives speak louder than your words by emulating the character of Jesus, as an example of integrity before others.
- **Habit of Sacrificial Service** – Serve others selflessly with love and spiritual purpose.
Holy Habit: Serve with humility and spiritual purpose—bringing comfort to others with no personal agenda or expectation of recognition.

UNHEALTHY HABIT TO BREAK

Break the cycle and unhealthy patterns of trying to change without the Spirit's help. Self-reliance produces only limited amounts of success, but eventually leads to burnout. When you start with surrender instead of self-reliance, you shift the power source of change to God's unlimited power through the strengthening work of the Holy Spirit.

UNRECOGNIZED HABIT TO NOTICE

Pay attention to moments when you rely more on information than transformation. Listening to a sermon, podcast, or Bible study without inviting the Holy Spirit to work in you can make your spiritual growth dry and unfruitful, based on Bible trivia, and not a long-lasting transformation. Recognize and write down any unhealthy habits of ritualistic or routine patterns of religious duty over heartfelt devotion to the Lord.

BUILDING THE HABIT OF PRAYER

"Abba Father, thank You that Your power is at work in me today. Break every old pattern that tries to pull me back, and fill me with the Holy Spirit's power to walk in freedom. I rely on Your strength, not my own. In the name of Jesus, Yeshua the Messiah. Amen."

Write down what type of devotion or dedication you want to develop in your walk with God:

DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- What pattern has been the hardest to break in your life?*
- How would that pattern look different if you depended fully on God's power instead of your own?*
- What Scripture can you stand on today as your declaration of victory?*

Write down the things you need to stop doing to have a more devoted time with the Lord today:

HOLY HABITS IN ACTION

You are not stuck in a spiritual slumber or stagnated in meaningless routines. In the Messiah, you've been chosen, spiritually empowered, and filled with the Holy Spirit—so unhealthy patterns no longer have the final word. God's love is not passive in your life; His love pursues you with purpose and divine passion. When Paul reminded the Thessalonians of their spiritual identity, he didn't just communicate with mere human words—but instead, with the power of the Holy Spirit, with deep conviction. This kind of power is available to you every day. You have the power to change and to break free from the cycles of fear, spiritual apathy, age-old insecurities, or habitual sins that try to destroy your life. Breakthrough won't happen just by trying harder to be holy, but by your daily dependence on the One who lives in you and sanctifies you in your spirit, soul, and body.

*Breaking toxic patterns of unhealthy behavior begins with believing that change is possible and that the Holy Spirit can give you both the desire and the ability to live differently, totally set apart for God. Holy habits like consistent prayer, Spirit-led decision-making, and honest confession open the door to new patterns of freedom. Let today be more than inspiration from something you've read—make it intentional in everything you do. Replace one destructive behavior with a Spirit-empowered action. Don't just resist the old nature of the past—walk confidently in the newness of life as you boldly step into a brand new day. Through the Spirit's power and supernatural strength, you're not who you were, or what you've done, but who God created you to be. You are being transformed by the power of Jesus' name. **Today, you are "Breaking Patterns and Restoring Wholeness" in everything you say and do that honors God.***

Write down the old habits you will break today to remain free from your past mistakes:

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** *You'll live with renewed confidence, knowing the same Spirit that raised Yeshua from the dead is empowering your change.*
- **SOUL (Renewing of Mind, Emotions, & Will):** *Your thoughts will shift from striving for approval to resting in God's acceptance, calming emotions, and strengthening your resolve.*
- **BODY (Retraining Your Daily Priorities):** *Your physical actions—speech, work habits, and daily rhythms—will align more naturally with your identity in Jesus, the Messiah.*

DAY 3

1 Thessalonians 1 International Standard Version

1 From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! 2 We always thank God for all of you when we mention you in our prayers. 3 In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring. 4 Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. 6 Indeed, you know what kind of people we brought be while we were with you, acting on your behalf. 7 You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. 7 As a result, you became a model for all the believers in Macedonia and Achaia. 8 From you the word of the Lord has spread out not only in Macedonia and Achaia, but also in every place where your faith in God has become known. 9 For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God 10 and to wait for his Son whom he raised from the dead to come back from heaven. This Jesus is the one who rescues us from the coming wrath.

Modeling Messiah through Action



Day 3: Modeling Messiah Through Action

HABIT OF DAILY READING

“Brothers whom God loves, we know that He has chosen you... You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. As a result, you became a model for all the believers in Macedonia and Achaia.” – 1 Thessalonians 1:4,6-7 (ISV)

HABIT FOCUS OF THE DAY

When we set an example for someone to follow, over time, we notice that they begin to model our actions, words, and expressions. Modeling someone’s character is not the same as mimicking their performance. We’re not trying to mimic the person that we are following, but rather, we want to model their character and be like them because we see some redeemable quality in them that we want to adopt for ourselves. No one can make their stubborn flesh behave, but when you see an excellent expression of godly character in someone else, it becomes desirable to emulate their excellence in moral character, compassion, and loving concern, or in the diligence and determination by which they do something extraordinary or exemplary. The apostle Paul lived his life this way, knowing that others were watching the way he lived, especially his spiritual sons, like Timothy and Titus. The question is, who are we following, and who is following us? More importantly, are we living by example and worth following?

Here are some holy habits that we can glean from in 1 Thessalonians 1:4,6-7:

Habit of Living Assured in Your Calling: Anchor your identity in the truth that you are chosen and loved by God.

Example: Begin your day by declaring, “I am chosen, I am loved, and I am called,” allowing this truth to guide your thoughts and choices.

Habit of Joyful Endurance in Trials: Embrace joy in the midst of challenges by relying on the Holy Spirit’s presence as you use your morning devotional time to guard your heart and mind daily.

Example: When you face pressure or setbacks, pause to thank God for His faithfulness, inviting the Spirit to renew your strength and joy.

Habit of Modeling Faith Others Can Follow – Live in such a way that your faith becomes a life others are encouraged to follow.

Example: Let your integrity, perseverance, and compassion point people toward Jesus, even without saying a word.

UNHEALTHY HABIT TO BREAK

Stop living from a place of insecurity or emotionally-driven reactions. The Thessalonians didn’t need outside approval to remain faithful—they were rooted in God’s love, faithful through every trial, and steadfast in His enduring promise. Break the unhealthy habit of needing people’s affirmation or approval to determine whether you will be faithful to God and your spiritual calling.

UNRECOGNIZED HABIT TO NOTICE

Don't allow doubt or unbelief to distract you from your destiny. Watch for subtle doubts that chip away at your confidence in God's calling. These doubts may cause hesitation when the Spirit prompts you or reluctance to live visibly as an example. Notice moments when self-doubt or fear of criticism keeps you from living with assurance and courage. ***Recognize and write down any toxic feeling that wants to make you afraid.***

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You that I am chosen, loved, and called. Fill me with the joy of Your Spirit when I face trials. Help me live in a way that inspires others, not by my own strength, but through the work of Your Spirit within me. Let me model the way, the truth, and the life of the Messiah, today and everyday, in the name of Jesus, Yeshua the Messiah. Amen."

Write down the ways you will model the Messiah in your character and attitudes today:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *How does knowing you are chosen change how you see today's challenges?*
 - *Where can you demonstrate Spirit-led joy in a current trial?*
 - *Who in your life could be encouraged by seeing your consistent model of the Messiah?*
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Personal Application:

Choose who you want to represent today—Your old nature or the Messiah that you gave your life to. If He is your Savior and Redeemer, make sure you also make Him Lord of your life.

Write a short encouragement to someone else that declares God's calling and faithfulness.

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HOLY HABITS IN ACTION

Living out these holy habits means that every day you become a witness of God's grace and love at work in you. Your lifestyle speaks louder than words, showing others what it looks like to be rooted and grounded in the Messiah's love. When you live from the confidence of being chosen and called by God—just as Paul commended the Thessalonians—you no longer seek validation or affirmation from people or their approval. Instead, your heart is anchored in God's love, and your actions are a reflection of the One you are surrendered to every day.

Even when life is unpredictable or oppositions arise, your consistent trust in the Lord becomes a model others can follow faithfully. Holy habits are not just personal disciplines—they're public demonstrations of your faith, love, and hope (1 Thess. 1:3). When you endure with the fruit of the Holy Spirit—like love, joy, and peace (Galatians 5:22-23)—it testifies of the supernatural strength that comes from God, who is your source. We must become imitators of the Lord for us to model His ways, no matter what suffering we face, or have to endure. God chose us, and He will also empower us to overcome every attack that comes against us, for His name's sake.

*When you model unwavering faith, it strengthens the weary and worn-out and inspires those watching you to believe again and put trust in the God you serve. So when your love is being challenged, and your faith is being stretched, choose to reflect the heart of the Messiah, and don't quit or give up. Your daily devotion is an invitation to others to walk in the same obedience, drawing them into a deeper encounter with God's grace and power. **Today you are "Modeling the Messiah through Action."***

Write down a renewed perspective you have of the Messiah that will empower your day:

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** *You'll focus on modeling the Messiah as you pray and believe for inner strength to face every challenge.*
- **SOUL (Renewing of Mind, Emotions, & Will):** *Your emotions will become stable in God's love, and your mind will stay secure in His peace as His Spirit renews your soul.*
- **BODY (Retraining Your Daily Priorities):** *Your physical body will submit to your new spiritual focus and renewed perspective, because of the Messiah's love for you.*

DAY 4

1 Thessalonians 1 International Standard Version

1 From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! 2 We always thank God for all of you when we mention you in our prayers. 3 In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring. 4 Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. 6 Indeed, you know what kind of people we proved to be while we were with you, acting on your behalf. 7 You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. 8 As a result, you became a model for all the believers in Macedonia and Achaia. 9 For people keep telling us what kind of spread out not only in Macedonia and Achaia, but also in every place where your faith in God has become known. 10 As a result, we do not need to say anything about it. 11 For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God. 12 And to wait for his Son whom he raised from the dead to come back from heaven. This Jesus is the one who rescues us from the coming wrath.

A Lifestyle That Echoes Faith



Day 4: A Lifestyle That Echoes Faith

HABIT OF DAILY READING

“As a result, you became a model for all the believers in Macedonia and Achaia. From you the word of the Lord has spread out [“echoes”] not only in Macedonia and Achaia, but also in every place where your faith in God has become known. As a result, we do not need to say anything about it.” – 1 Thessalonians 1:7-8 (ISV)

HABIT FOCUS OF THE DAY

Holy habits are the natural overflow and outcome of knowing your divine identity and who God is. The word “echo” in this passage isn’t just a creative image—it comes directly from the Greek text. In 1 Thessalonians 1:8, Paul uses the word ἐξηχέω (execheō), which means “to sound forth” or “to reverberate like an echo.” It paints a picture of faith that doesn’t stop at the source but keeps resonating outward, like a sound bouncing off mountains or waves. The Thessalonians’ faith didn’t stay confined to their city—it reverberated throughout Macedonia, Achaia, and beyond. In the same way, when we live with authentic devotion to the Messiah, the sound of our faith carries beyond our immediate circle of family, friends, and co-workers. Our daily choices, perseverance in trials, and joy in the Spirit become the ongoing “echo” of the Good News—something others can hear, be inspired by, and share worldwide.

Here are three holy habits tied to the three virtues of 1 Thessalonians 1:7-8:

- **Habit of Encouraging Those who Follow you:** Make your life memorable to those who are trying to model your character, actions, and expressions of faith.

Example: Acknowledge the people in your life who are looking for hope and an expression of faith, and reach out to them and speak words of life into their situation as you reflect Jesus as your Messiah and Lord.

- **Holy Habit of Echoing the Word of God Through Your Lifestyle:** Let your faith “sound forth” naturally through your actions, not just your words.

Example: Look for one intentional way today to let the Gospel reverberate in a conversation, a decision, or an act of kindness.

- **Habit of Multiplying the Message of Jesus:** Let your daily devotion, humility, and integrity be an echo of the Gospel.

Example: Choose to break the cycles in your family and be an example that will affect your children, your grandchildren, and anyone else that is connected to your faith for generations to come. Be a trendsetter today and don’t fall into the trap of compromise or downgrading your faith.

UNHEALTHY HABIT TO BREAK

Refuse to fall into the trap of compromise, habitual sin, or a paralysis of faith. Break the habit of silencing your faith through compromise, or the temptation to revert to your old lifestyle and habits of disobedience. When habits are inconsistent, the echo of your testimony grows faint. Let your life speak with strength and conviction today.

UNRECOGNIZED HABIT TO NOTICE

Don't allow other "voices" or distractions to amplify themselves louder in your ears or heart. Notice moments where your faith could echo louder—opportunities where actions, kindness, or integrity could amplify your witness. Recognize and write down any moments when you've chosen silence and passivity over Spirit-led action, to increase your faith.

BUILDING THE HABIT OF PRAYER

"Abba Father, let my life echo Your faithfulness. Remove anything that muffles my testimony or silences my convictions, and make my habits a clear reflection of Messiah's love and truth through my daily actions and behavior. In the name of Jesus, Yeshua the Messiah. Amen."

Write down the things you feel paralyze your faith and cause you to doubt God's plan:

DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *As you reflect on your life's message, what does it echo or communicate to others?*
- *What hinders your testimony or tries to drown out the sound of your faith or convictions?*
- *What habit can you start today that will cause your faith to echo loudly?*

Personal Application:

Live today as if someone's faith depends on your example—because it just might. Let your daily faith walk be louder than a sermon. Live "A Lifestyle That Echoes Faith!"

Write down the habits you want to develop today that will allow your faith to echo louder:

HOLY HABITS IN ACTION

What you do in your daily life speaks louder than a sermon, and "echoes" what matters the most to you. Just like the Thessalonians, what you do every day can affect others far away or beyond your normal reach. Faith that echoes its sound loudly doesn't have to be forced or defended; it's strong and trustworthy on its own merit. When God's Spirit changes what you believe, other people will witness your faith and feel its effects. Today is about picking behaviors that don't simply stay in your heart but spread out and become a witness to your coworkers, classmates, family, and even strangers.

When you consistently make Spirit-led decisions, your life becomes a spiritual loudspeaker. As your habits align with God's Word and character, people take notice—not of your perfection, but of your perseverance and persistence. Even without words, your lifestyle speaks loudly and echoes the truth of the Gospel. Today, live your life intentionally, by letting your words be seasoned with grace, your time reflect your values, and your behavior point others to Jesus. A surrendered life resonates with trust in God and becomes a living invitation for others to believe.

Write down the new habits you will begin or old habits you'll break so your life can echo faith:

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** *You'll discern the Spirit's joy as your faith echoes God's goodness, not just in words, but in how you live daily.*
- **SOUL (Renewing of Mind, Emotions, & Will):** *Your thoughts will focus on influence over impression—less about being seen and more about being consistent. You'll feel joy in unseen obedience.*
- **BODY (Retraining Your Daily Priorities):** *Your visible actions—how you respond, serve, speak, or show up—will reflect intentionality, leaving a legacy of faith that others can follow.*

DAY 5

1 Thessalonians 1 International Standard Version

1 From: Paul, Silvanus, and Timothy. To: The church of the Thessalonians in union with God the Father and the Lord Jesus, the Messiah. May grace and peace from God our Father and the Lord Jesus, the Messiah, be yours! 2 We always thank God for all of you when we mention you in our prayers. 3 In the presence of our God and Father, we constantly remember how your faith is active, your love is hard at work, and your hope in our Lord Jesus the Messiah is enduring. 4 Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with power, with the Holy Spirit, and with deep conviction. 6 You became imitators of us and of the Lord. In spite of a great deal of suffering, you welcomed the word with the joy that the Holy Spirit produces. 7 As a result, you became a model for all the believers in Macedonia and Achaia. 8 From you the word of the Lord has spread out not only in Macedonia and Achaia, but also in every place where your faith in God has become known. 9 For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God 10 and to wait for his Son whom he raised from the dead to come back from heaven. This Jesus is the one who rescues us from the coming wrath.

Turning from Idols to Intentional Living

HOLY
Habits



Day 5: Turning from Idols to Intentional Living

HABIT OF DAILY READING

“For people keep telling us what kind of welcome you gave us and how you turned away from idols to serve a living and true God and to wait for his Son, whom he raised from the dead, to come back from heaven. This Jesus is the one who rescues us from the coming wrath.” - 1 Thessalonians 1:9-10 (ISV)

HABIT FOCUS OF THE DAY

Thessalonica, a significant port city in Macedonia (modern-day Greece), was a lively cultural and commercial hub in the Roman Empire during the first century, and was strategically positioned on the Via Egnatia, a major Roman road, making it a melting pot of trade, ideas, and religions. With a population of both Greeks and Romans, it also had a major Jewish community and several temples dedicated to a pantheon of Greek and Roman idols of gods and goddesses. When you turn from something, you always turn to something else. The Thessalonians didn't just reject idols—they intentionally reoriented their lives to serve the living God. Holy habits work the same way. Breaking old patterns isn't enough; you must build new ones aimed at God's will and purpose. Idols aren't always statues—they can be distractions, misplaced priorities, or anything we allow to take God's place in our attention, affection, or allegiance. Turning from idols is about choosing every day what and who you will serve.

Here are three holy habits tied to the three virtues of 1 Thessalonians 1:9-10

- **Habit of Daily Surrender:** Turning from Every Idol

Let go of anything competing with God's rightful place in your heart. Idols today aren't stone statues—they're distractions, desires, and dependencies that pull your loyalty away from the Lord. This habit begins with daily self-reflection and surrender.

Example: Start each day with a few minutes of prayer for repentance and rededication: “Lord, I turn from anything that's taken Your place. I surrender my attention, my affection, and my agenda to You alone.”

- **Habit of Serving God Wholeheartedly:** Intentional Dedication of Your Life to Serve God

The Thessalonians didn't just stop worshiping idols—they redirected their lives to serve a living and true God. This habit centers your schedule and service around God's purpose and people.

Example: Choose one act of service each day, whether at home, church, or work, and offer it with intentionality: “Today, I'm doing this not for approval, but as worship to You, Lord.”

- **Habit of Patiently Waiting with Expectation:** Hope-Filled Anticipation for the Messiah's Return

Create a mindset that actively waits for the coming of Jesus—not in passive delay, but with eager hope. Waiting in Scripture is often about watchful preparation—living ready for His return.

Example: End your day by meditating on one promise about the Messiah's return (e.g., John 14:3, Revelation 22:12) and asking: “If today were my last, would my habits reflect Kingdom readiness?”

UNHEALTHY HABIT TO BREAK

Don't let anything become an idol in your life. Break the habit of letting subtle idols go unchecked—whether it's the idol of approval, productivity, pleasure, or self-reliance. Anything that competes with God's place in your life must be surrendered. Don't allow idols to hide in your heart behind good intentions. If it's getting more devotion than God, it's an idol. Let go of it today.

UNRECOGNIZED HABIT TO NOTICE

Recognize the subtle “idols of the heart”—such as overcommitment, comparison, or people-pleasing—that steal our time, energy, and focus from God’s calling on our lives. Sometimes idols disguise themselves as “normal life”—like social media scrolling seducing our spirits, relentless busyness robbing us of rest, or even religious activity devoid of personal relationship. Notice the things you justify but that quietly pull you away from intimacy with God. Reflect on where your time, money, energy, or attention is going—and what that reveals about your devotion to God. Recognize and write down any “idol” that comes to mind and surrender it to the Lord to experience more intentional living.

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BUILDING THE HABIT OF PRAYER

“Abba Father, I turn from every idol—seen and unseen—and I turn to You, the living and true God. I choose to serve You with my time, energy, and devotion. I wait eagerly for the return of Jesus, my Deliverer and King. Help me to recognize distractions, release false dependencies, and realign my daily habits with Your will. In the name of Jesus, Yeshua the Messiah. Amen.”

Write down the things you want to do today to build new holy habits into your day’s routine

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- What are you turning from that has been an “idol” in your life?
 - What are you turning towards to draw closer to God? More prayer? More worship?
 - What does your service to God look like in real time, and do you seek Him early?
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Personal Application:

Identify one modern “idol” competing for God’s place in your life, surrender it today, and replace it with an intentional act of worship or service.

Write down something that you can do that will be intentional and worshipful today as you focus on God’s rescuing power through His coming Messiah:

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HOLY HABITS IN ACTION

Idols may no longer be handcrafted statues of stone or gold, but they're still very much alive in the postmodern world—shaped not by hands, but by hearts, habits, and hidden desires. In the first century, people bowed to images they made with their own hands to gain control or appease false gods. Today, idols are more subtle but just as spiritually dangerous—anything that takes God's place in your attention, affection, or allegiance becomes an idol. They may appear as comfort, control, achievement, image, distraction, or cultural narrative. These modern idols don't ask for your sacrifice—they become your sacrifice: your time, your purity, your conviction, or your truth.

*The Thessalonians modeled a radical shift—turning from idols to serve a living and true God and to wait with holy expectation for the Messiah's return. Their transformation shows us that we need to replace our idols with holy habits that are devoted to God Almighty. Turning away isn't enough—you must turn toward intentional living. When we live from that posture, our devotion becomes louder than distraction, and our lives become aligned with eternal purpose. **Today, you are "Turning from Idols to Intentional Living," as you surrender your life to God.***

Write down the new habits you will begin or old habits you'll break for a total surrender:

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** *You'll walk with renewed clarity, no longer serving lifeless idols but serving the living God, knowing your life has purpose and eternal impact.*
- **SOUL (Renewing of Mind, Emotions, & Will):** *Your mindset will shift from distraction to devotion, from anxiety to anticipation, and from control to surrender.*
- **BODY (Retraining Your Daily Priorities):** *Your physical routines—your calendar, conversations, and energy—will begin to reflect a heart that's surrendered to the Lord and aligned with His eternal mission.*



Day 6: Weekly Reflection

WEEK ONE: Making Holy Habits:

Breaking Patterns and Restoring Wholeness

Theme Verse: 1 Thessalonians 5:23 and 1 Thessalonians 1:1–10

DAY 1: Monday – Habits That Reflect Your True Identity

Identity Check:

Looking back on Day 1, what truth about your God-given identity stood out the most, and how has it shaped your habits this week?

DAY 2: Tuesday – Power to Break Patterns

Power Source:

From Day 2, where have you relied on your own willpower instead of the Holy Spirit's power to break patterns, and how can you shift that dependence starting today?

DAY 3: Wednesday – Modeling Messiah Through Action

Modeling the Messiah:

Based on Day 3, in what ways have you been a living example of Messiah to those around you? Where do you see room for growth in your example?

DAY 4: Thursday – A Lifestyle That Echoes Faith

Echoes of Faith:

From Day 4, what actions, words, or attitudes this week have “echoed” your faith to others? Which habits might have muffled that echo?

DAY 5: Friday – Turning from Idols to Intentional Living

Turning Points:

From Day 5, what modern “idols” or distractions have you identified in your life? How have you begun turning from them toward intentional living?

DAY 6: Saturday – Breaking Cycles, Building Holiness

Good vs. Bad Habits:

After reflecting on Days 1–5, list the top three holy habits you want to strengthen and the top three unhealthy habits you need to break.

Day 7: Sunday Reflection



SUNDAY SERMON: *DISCOVERING THE POWER TO CHANGE
Building New Patterns for a Transformed Life*

THEME VERSE:

"Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body..." - 1 Thessalonians 5:23 (TPT)

THREE HOLY HABITS THAT EMPOWER YOU TO CHANGE & TRANSFORM YOUR LIFE:

1. REFRESH YOUR SPIRIT WITH GOD'S POWER

– Let Go of Your Power to Change and Embrace God's Power to Transform

4 "Brothers whom God loves, we know that he has chosen you, 5 for the gospel we brought did not come to you in words only, but also with POWER, with the Holy Spirit, and with DEEP CONVICTION..." - 1 Thessalonians 1:4-5a (ISV)

MAKE A NEW HABIT: *Start each day by surrendering your plans and asking the Spirit to fill you and refresh you with His power before you take your first step. Refuse the thought that you can change solely by your own strength.*

2. RENEW YOUR SOUL WITH GOD'S TRUTH TO REPLACE OLD THINKING

– Let Your Mind and Emotions Reset and Refuse to Replay Old Records of Past Mistakes

"...You accepted what we said as the VERY WORD OF GOD—which, of course, it is. And this WORD continues to WORK IN YOU who believe." - 1 Thessalonians 2:13 (NLT)

"Do not be shaped [conformed] by this world [age]; instead be CHANGED [TRANSFORMED] within by a NEW WAY OF THINKING [the RENEWING of your MIND]..." - Romans 12:2 (EXB)

Old cycles keep looping because old thoughts keep replaying. You'll replay what you don't replace.

MAKE A NEW HABIT: *When the wrong "song" starts playing in your head, don't just skip it—replace it with one of your Spirit-filled "favorites" inspired by the Holy Spirit to keep you meditating in God's Word, not toxic thoughts.*

3. LET THE SPIRIT NAVIGATE YOUR LIFE TO STAY ALIGNED WITH TRUTH

– Let Your Life Transform as You Allow the Spirit of Truth to Guide You in the Right Direction

19 "Never restrain or put out the fire of the Holy Spirit... 21 and afterward hold tightly to what has proven to be right." - 1 Thessalonians 5:19-21 (TPT)

Like trusting a GPS to guide your drive, we can trust God's Word and the Holy Spirit to steer our lives. When old habits surface, we can 'change lanes' by declaring God's promises, realigning our focus with His truth."

WALKING IN THE FLESH: *Feels erratic and rushed • Causing missed turns • Focused on speed, not direction—going fast in the wrong lane.*

WALKING IN THE SPIRIT: *Stays steady, aligned with God's direction. • Listens to the GPS of the Spirit and the Word. • Adjusts lanes to stay on course and reach the right destination.*

"Your ears will hear a word behind you saying: 'This is the way, WALK in it,' when you turn to the right or when you turn to the left." - Isaiah 30:21 (TLV)

The Spirit provides inner direction to keep you on the right path

"The Spirit of TRUTH will come and GUIDE you in all truth..." - John 16:13a (VOICE)

The Holy Spirit is your divine navigator, leading you into truth.

"The true children of God are those who let God's Spirit LEAD them." - Romans 8:14 (NCV)

Those truly aligned with God are led by His Spirit—not by impulse or flesh.

"Who has impeded your PROGRESS and kept you from obeying the TRUTH? You were off to such a good start." - Galatians 5:7 (VOICE)

If we are living now by the Holy Spirit's POWER, let us FOLLOW the Holy Spirit's LEADING in every part of our lives." - Galatians 5:25 (NLT)

Living in truth means walking in sync with the Spirit daily.

"I HEAR the Lord saying, 'I will STAY CLOSE to you, instructing and GUIDING you along the PATHWAY for your life. I will advise you along the way and LEAD you forth with my eyes as your GUIDE.'" - Psalm 32:8 (TPT)

The Spirit provides inner direction to keep you on the right path.

MAKE A NEW HABIT: *Set a daily reminder to pause, pray, & realign your decisions with the Holy Spirit's direction.*

LOOKING AHEAD AT YOUR WEEK

WEEK TWO: Discovering the Power to Change

Theme:

Change is both a gift of grace and a call to intentional action. True transformation begins not just with what you do but with who you are becoming in the Messiah. By embracing Spirit-led boldness, gentleness, encouragement, and hope, you build holy habits that break old cycles and shape a life marked by faithfulness and strength. These habits don't just change your actions—they renew your heart and align your identity with God's purpose, empowering you to walk confidently in the newness of life He provides.

WEEK 2 – Discovering the Power to Change:

Building New Patterns for a Transformed Life

Theme Verse: 1 Thessalonians 5:23 and 1 Thessalonians 3:

Theme: Change requires grace and intentional action.

DAY 8: Monday – Standing Firm in Trials

Focus: Stability when under pressure (3:1–4)

DAY 9: Tuesday – Encouraged by Faith

Focus: God's power fuels change (2:3–4)

DAY 10: Wednesday – Joy that Fuels Endurance

Focus: Practice gentleness (2:7–8)

DAY 11: Thursday – Overflowing in Love

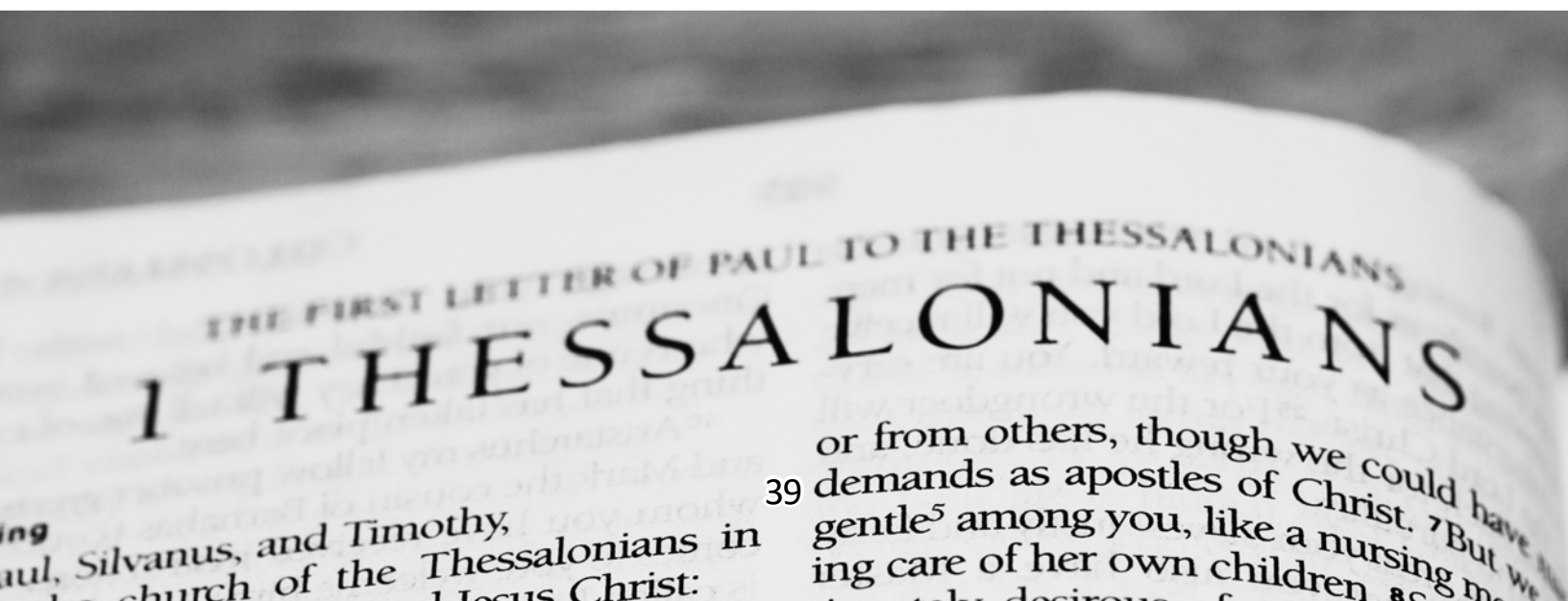
Focus: Lead and guide others with love (2:11–12)

DAY 12: Friday – Hearts Strengthened in Holiness

Focus: Let Scripture work deeply in your heart (2:13,19)

DAY 13: Saturday Reflection – Building New Patterns for a Transformed Life

Focus: Review the 5 practical habits for transformation



DAY 8

1 Thessalonians 2 International Standard Version

1 For you yourselves know, brothers, that our visit to you was not a waste of time. 2 As you know, we suffered persecution and were mistreated in Philippi. Yet we were encouraged by our God to tell you his gospel in spite of strong opposition. 3 For our appeal to you does not spring from deceit, impure motives, or trickery. 4 Rather, because we have been approved by God to be entrusted with the gospel, we speak as we do, not trying to please people but God, who tests our motives. 5 As you know, we did not come with flattering words or with a scheme to make money. God is our witness! 6 We did not seek though from people from you or from anyone else—7 even though as apostles of the Messiah we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. 8 We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us. 9 Brothers, you remember our labor and toil. We worked night and day so that we would not become a burden to any of you while we proclaimed the gospel of God to you. 10 You and God are witnesses of how pure, honest, and blameless our conduct was among you who calls you into his kingdom well that we treated each of you the way a father treats his children. 12 We comforted and encouraged you, urging you to live in a manner worthy of God, who constantly gives thanks to God: When you received God's word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe.

Boldness in the Face of Opposition



Day 8: ***Boldness in the Face of Opposition***

HABIT OF DAILY READING

“You know, brothers, that our visit to you was not without results. We had previously suffered and been mistreated in Philippi, as you know, but with the help of our God we dared to tell you his gospel in spite of strong opposition.” – 1 Thessalonians 2:1-2 (ISV)

HABIT FOCUS OF THE DAY

Paul experienced opposition traveling from Philippi to Thessalonica; he was persecuted, mistreated, and put in jail (Acts 16). Acts 17 describes further opposing problems, yet many people were delivered from idol worship to serve the True God. The Thessalonians were well aware of the obstacles he faced, as well as the miracles that proved he was not a charlatan or a scammer. Paul had a supernatural source of boldness to face opposition ever since he encountered a resurrected Jesus on the road to Damascus. God entrusted him with the Gospel message of "Good News," which he preached under the Holy Spirit's power with deep conviction. He didn't allow anything or anyone to stop him; because he was a man on a mission for his Messiah. The Spirit's strength and boldness are available to anyone who desires to be effective in their lives, like Paul was. Our testimony, gospel conviction, and supportive faith community empower us to be bold and confident when we share what God has done in our lives. Our transformation and spiritual growth cannot be denied when people hear our story and understand our bold conviction. As long as we depend on the Holy Spirit in our "faith walk," and not crumble or complain when persecution comes, we will always have the power to overcome it.

Here are three holy habits tied to the three virtues of 1 Thessalonians 2:1-2:

Habit of Spirit-filled Boldness: Lifestyle of Courage and Spiritual Authority.

Rely on the Holy Spirit to speak and act when fear or pressure tries to silence you.

Example: Before a difficult conversation or act of witness, pause and pray for God's words, wisdom, and courage to lead you.

Habit of Persevering Through Pressure: Faith That Endures Under Fire.

Refuse to let trials stop you from doing what is right or sharing what is true.

Example: Keep showing up to serve, pray, and love, even when criticism, rejection, or spiritual opposition comes against you.

Habit that Inspires Endurance by Hope: Faithfulness as the True Mark of Success.

Focus on obedience to God's calling, not on the approval of people or the ease of the outcome.

Example: Ask daily, "Was I faithful to what God asked of me today?" rather than "Was it easy or popular?"

UNHEALTHY HABIT TO BREAK

Break the habit of shrinking back when you face resistance or criticism. Opposition will come, but retreating into silence robs you of the chance to see God work through your obedience. Fear of people's reactions should never outweigh faith in God's power.

UNRECOGNIZED HABIT TO NOTICE

Avoiding hard conversations, spiritual risks, or stepping into leadership moments can disguise itself as “waiting for the right time,” when in reality it’s hesitation rooted in fear or self-preservation. Another subtle habit is confusing comfort with God’s peace—choosing what feels safe rather than what requires faith. Notice when you default to delay, excuses, or passivity instead of Spirit-led obedience. Recognize and write down specific times when you’ve postponed bold action, and invite the Lord to replace hesitation with courageous faith that acts when He speaks.

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BUILDING THE HABIT OF PRAYER

“Abba Father, thank You for the boldness and courage You give through Your Holy Spirit. Help me to rely on Your strength when fear and opposition come. Teach me to persevere with faith, to stand firm in the face of pressure, and to keep my eyes fixed on Your calling rather than the approval of others. Break every habit of shrinking back or avoiding hard situations, and fill me with a spirit of fearless obedience. May my life bear witness to Your power and love, and may I faithfully share Your Good News with confidence. In the name of Jesus, Yeshua the Messiah. Amen.”

Write down the bold steps you will take today to build habits of Spirit-filled courage, perseverance under pressure, and faithful obedience into your daily routine

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- When has God helped you speak or act boldly in the past?*
 - How can you prepare now for moments of future opposition?*
 - What is one fear you will surrender to God today so it no longer silences your faith?*
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Personal Application:

Today, take one Spirit-led step you’ve been avoiding because of fear, and trust God for the outcome.

Write down a bold declaration that reveals your confidence in God’s Word as you trust His power:

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HOLY HABITS IN ACTION

Developing Spirit-filled boldness begins with daily dependence on the Holy Spirit. When you are faced with fear or opposition, pause and invite God's presence to guide your words and actions. Boldness isn't about being reckless or rude—it's about trusting God's authority and power to speak truth in love to those in need. Whether you're sharing your faith, standing up for what's right, or simply living authentically before others, allow the Holy Spirit to empower you beyond your natural ability.

Persevering through pressure means choosing faithfulness over comfort and convenience. Our lives are often riddled with conflicts, criticisms, rejections, or spiritual opposition, but the habit of being persistent gives us the power to persevere—whether we're praying, serving, or loving our neighbor as ourselves, we build spiritual resilience that is bold and brave in the midst of conflict. Like Paul, who endured suffering but never quit, your steadfastness in the small and large challenges shapes your character and testimony. This daily endurance reflects a heart fully devoted to God's mission, no matter the cost.

*Finally, measuring success by faithfulness rewires your perspective. Instead of seeking applause or easy outcomes, focus on obedience and God's approval. Ask yourself daily, "Was I faithful to God's calling today?" This simple question shifts your mindset from performance to devotion. As you cultivate these holy habits, your life will become a living witness of God's power and love, inspiring others to stand firm in their own journeys of faith. **Today, you have "Boldness in the Face of Opposition."***

Write down the new habits you will begin or old habits you'll develop into Spirit-filled boldness and divine confidence:

HOW TODAY'S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You'll walk in greater confidence, knowing God equips you to face opposition without fear.*

SOUL (Renewing of Mind, Emotions, & Will): *Your thoughts will shift from self-preservation to Kingdom proclamation, and your emotions will rest in God's approval.*

BODY (Retraining Your Daily Priorities): *Your actions, words, and presence will reflect an unshakable commitment to God's mission—regardless of who resists or rejects you.*

DAY 9

1 Thessalonians 2 International Standard Version

1 For you yourselves know, brothers, that our visit to you was not a waste of time. 2 As you know, we suffered persecution and were mistreated in Philippi. Yet we were encouraged by our God to tell you his gospel in spite of strong opposition. 3 For our appeal to you does not spring from deceit, impure motives, or trickery. 4 Rather, because we have been approved by God to be entrusted with the gospel, we speak as we do, not trying to please people but God, who tests our motives. 5 As you know, we did not come with flattering words or with a scheme to make money. God is our witness! 6 We did not seek praise from people from you or from anyone else—7 even though as apostles of the Messiah we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. 8 We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us. 9 Brothers, you remember our labor and toil. 10 We worked night and day so that we would not become a burden to any of you while we proclaimed the gospel of God to you. 11 You and God are witnesses of how pure, honest, and blameless our conduct was among you the way a father treats his children. 12 We comforted and encouraged you, urging you to live in a manner worthy of God, who calls you into his kingdom and glory. 13 Here is another reason why we constantly give thanks to God: When you received God's word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe.

Approved &
Entrusted

HOLY
Habits



Day 9: Approved & Entrusted

HABIT OF DAILY READING

“For the appeal we make does not spring from error or impure motives, nor are we trying to trick you. On the contrary, we speak as those approved by God to be entrusted with the gospel, not as pleasing people but God, who tests our hearts.”
- 1 Thessalonians 2:3-4 (ISV)

HABIT FOCUS OF THE DAY

Paul made it clear that his mission wasn't to win human approval but to remain faithful to God, because he was not a people-pleaser. Approval from people can be unpredictable and unstable, with shifting moods, various opinions, and unexpected circumstances—but God's approval is constant, rooted in His unchanging truth and unconditional love. To avoid people-pleasing, we must set our focus and purpose on pleasing God more than meeting the needs and demands of people. This constant need for affirmation through the approval of others can affect our faith, family, finances, marriages, and ultimately, our ministries. As we examine how the apostle Paul addresses this matter regarding ministry within local churches and believers worldwide, we discover how he first reminds the Thessalonians that his ministry was rooted in integrity, and not manipulative motives or self-interest. The source of his boldness came from a deep awareness that God had approved him and entrusted him with the preaching of the Gospel. His trust in God came with a heavy responsibility—to speak and live in a way that pleased God above anyone else. Living approved means you no longer work for acceptance—you work from it, knowing that in the Messiah, you're already accepted into His family and “Great Commission.” When God entrusts you, it means that He has given you a divine calling to carry the Good News and share it with sincerity and heartfelt truth, no matter how it is received. Holy habits help you stay focused on the One who has chosen and called us, especially when facing the temptation to please people over God.

Here are three holy habits tied to the three virtues of 1 Thessalonians 2:7-8:

Habit of Having Heart-Felt & Transparent Motives: Daily Integrity through Pure Intentions

Let God test your heart regularly so your spiritual walk and service to Him stay pure.

Example: Ask God in prayer, “Lord, is my desire to please You, or to be liked by people?”

Habit of Sharing Your Faith and Spreading the Good News: Stewarding the Gospel Well

Treat God's Word as sacred and let it shape every conversation, action, and decision.

Example: Before speaking, consider if your words align with God's truth and reflect His love.

Habit of Living for an Audience of One: Measure your success by God's approval, not public applause.

Example: Make choices today that might go unnoticed by people but are celebrated in heaven.

UNHEALTHY HABIT TO BREAK

Stop allowing people's opinions to dictate your obedience to God. When your decisions are motivated and driven by fear of disapproval or hunger for affirmation from people, you risk compromising your integrity, character, and most importantly, the message you've been entrusted to carry and communicate to the people around you.

UNRECOGNIZED HABIT TO NOTICE

People-pleasing often hides behind the desire to be kind or accommodating. Without realizing it, you may compromise truth or delay obedience to avoid conflict. Watch for moments where your silence or inaction is driven by the fear of man rather than the fear of the Lord. Knowing our true identity and how God created us helps us maintain a steadfast character and focus on personal growth. When we make decisions based upon pleasing others instead of pleasing God, we fall into the trap that robs us of who we are. Recognize when you are doing things that don't reflect who God created you to be and let the Holy Spirit remind you every day who you are in the Messiah.

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank you for giving me freedom from people-pleasing. I choose to please You in everything and surrender to Your will. You are my source of love, affection, and affirmation. Jesus, thank you that I am already accepted in You, and that You have freed me from seeking man's approval and acceptance. I am no longer a slave to people, but rather a servant of God. In the name of Jesus, Yeshua the Messiah. Amen."

Write down one area of your life where you've been tempted to seek people's approval:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- What does being "approved by God" mean to you personally?*
 - Where has people-pleasing held you back from full obedience?*
 - How will remembering that you are entrusted with the Gospel change your priorities today?*
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Personal Application:

Before making a decision today, pause and ask: "Will this please God, or just people?"

Write down how today will be different because your focus is on pleasing God, and not man:

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HOLY HABITS IN ACTION

When you know you are approved by God and entrusted with the Gospel, it changes everything about how you live. You no longer operate from insecurity, but from the confidence of His calling. This truth refreshes your spirit, because you stop working for acceptance and start working from it. Instead of exhausting yourself trying to keep everyone happy, you draw strength from the One whose opinion never changes, finding rest in His presence and joy in His approval.

Your soul—your mind, emotions, and will—finds stability when your identity is anchored in God's call rather than in the shifting opinions of people. The temptation to adjust your convictions for applause begins to lose its power over you. You think differently, feel more secure, and choose obedience over popularity. In this place, your decisions reflect the mighty hand of the One who entrusted you with His Word.

*Even your body—your daily actions, words, and priorities—begins to follow this renewed perspective. When you live for God's pleasure, you prioritize how you spend your time, what you say, and how you act through the focus of your divine mission. Every choice becomes an act of stewardship, faithfully carrying the Gospel with integrity and courage. **Today, remember that you have been “Approved and Entrusted” by God.***

Write down one area where you've been tempted to seek people's approval more than God's, and then write one specific way you can shift your focus to please Him this week:

HOW TODAY'S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You'll find strength in knowing God's approval rests on you, freeing you from striving for acceptance.*

SOUL (Renewing of Mind, Emotions, & Will): *Your emotions will stabilize as your worth is rooted in God's call, not in others' opinions.*

BODY (Retraining Your Daily Priorities): *Your time, words, and actions will align with your divine assignment to faithfully carry the Gospel.*

DAY 10

1 Thessalonians 2 International Standard Version

1 For you yourselves know, brothers, that our visit to you was not a waste of time. 2 As you know, we suffered persecution and were mistreated in Philippi. Yet we were encouraged by our God to tell you his gospel in spite of strong opposition. 3 For our appeal to you does not spring from deceit, impure motives, or trickery. 4 Rather, because we have been approved by God to be entrusted with the gospel, we speak as we do, not trying to please people but God, who tests our motives. 5 As you know, we did not come with flattering words or with a scheme to make money. God is our witness! 6 We did not seek praise from people from you or from anyone else—7 even though as apostles of the Messiah we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. 8 We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us. 9 Brothers, you remember our labor and toil. We worked night and day so that we would not become a burden to any of you while we proclaimed the gospel of God to you. 10 You and God are witnesses of how pure, honest, and blameless our conduct was among you the way a father treats his children. 12 We comforted and encouraged you, urging you to live in a manner worthy of God, who calls you into his kingdom and glory. 13 Here is another reason why we constantly give thanks to God: When you received God's word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe.

Gentle Like a
Nursing Mother



Day 10: Gentle Like a Nursing Mother

HABIT OF DAILY READING

“Even though, as apostles of the Messiah, we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us.”
- 1 Thessalonians 2:7-8 (ISV)

HABIT FOCUS OF THE DAY

In Jewish life—both in the days of Moses and in Paul’s time—the image of a nursing mother spoke of tenderness, closeness, and sacrificial care. Nursing mothers were seen as vital life-givers, not just physically but relationally. Even in a patriarchal society, the mother’s role in the earliest years shaped a child’s sense of security, identity, and belonging within the covenant people. Nursing was not only a physical provision; it was emotional bonding, shaping identity, and passing down values. To call someone ‘gentle like a nursing mother’ is to describe a love that is patient, present, and protective. Paul chose this image intentionally to communicate how deeply he cared for the Thessalonian believers—nurturing them with truth, yet never forcing, manipulating, or exploiting them, or the Gospel. As spiritual leaders, mentors, or simply believers walking in the Spirit, we are called not to demand, manipulate, or force change—but to care deeply, nurture intentionally, and model gentle strength. Holy habits that shape others are best formed through gentleness, not dominance. Just as Paul chose to share not only the gospel but his very life, we are invited to live with such care and tenderness that people experience both truth and love through us. Holy habits that flow from gentleness protect relationships, heal wounds, and make room for spiritual maturity.

Here are three holy habits tied to the three virtues of 1 Thessalonians 2:7-8:

Habit of Tender Presence: Practicing Compassionate Proximity

Be willing to enter people’s lives with patience and care, not rushing their growth.

Example: Sit with someone in their pain without trying to “fix” them—simply listen and love.

Habit of Selfless Sharing: Offering Both the Word and Your Life

Be generous with your time, attention, and encouragement, not just your advice.

Example: Invite someone into your daily rhythms—share a meal, pray together, serve side by side.

Habit of Gentle Speech: Speaking Truth Wrapped in Love

Let your words carry grace that builds up rather than tears down.

Example: Before speaking correction, ask, “How can I say this in a way that still communicates love?”

UNHEALTHY HABIT TO BREAK

Break the habit of harshness, irritation, or emotional detachment when people disappoint or don’t respond the way you expect. Harshness is not boldness. A critical or impatient spirit often wounds the very people you’re called to nurture, and often closes the hearts you are trying to reach.

UNRECOGNIZED HABIT TO NOTICE

*Without realizing it, we can become emotionally numb, socially distant, or overly critical in our relationships. When love becomes transactional or leadership performance-based, we risk treating people like projects instead of precious souls. Reflect on any recent moments where impatience, indifference, or self-protection shaped your response. **Recognize the need to return to a posture of nurturing spiritual motherhood or fatherhood.***

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You for Your tender love and nurturing care toward me. Help me reflect that same love to others—not through demands, but through gentleness and sincere affection. Teach me to lead, correct, and connect with a heart that's full of grace, compassion, and sacrificial love. May my words be gentle, yet firm, and my presence bring peace, healing, and restoration. In the name of Jesus, Yeshua the Messiah. Amen."

Write down the areas of your life where you want to be more gentle, caring, and nurturing today:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *Where do you sense the Holy Spirit asking you to be more tender and relational?*
 - *How can your influence carry the nurturing love of Messiah this week?*
 - *Who needs to feel your presence, not just your instruction?*
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Personal Application:

Share one act of gentleness today with someone who needs spiritual or emotional support—a call, prayer, or word of encouragement.

Write down the name of the person and what you'll do to nurture them today:

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HOLY HABITS IN ACTION

When your spiritual care becomes like that of a nursing mother—tender, close, patient, and sacrificial—people feel loved and safe enough to grow. Your presence becomes a healing presence. Holy habits that flow from gentleness have the power to restore hearts, build trust, and reflect the nurturing character of the Messiah. Paul’s love was so sincere that he shared not just the Gospel but his very life. Let that be your posture today—not performance-based pressure, but heartfelt presence.

Gentleness refreshes your spirit by freeing you from the need to control outcomes. You rest in God’s timing and trust His Spirit to do the inner work in others. This “Fruit of the Spirit” doesn’t ignore truth—but it delivers truth in a way that heals rather than harms. Paul could have asserted apostolic authority, but chose affection over assertion. Break the cycle of forceful correction and instead model Spirit-empowered compassion.

*Your soul—your mind, emotions, and will—grows calmer as you exchange frustration for compassion, allowing love to guide your responses. Your body—your words, actions, and posture—reflects intentional care, moving at a pace that meets people where they are instead of where you wish they’d be. **Today you are “Breaking Patterns and Restoring Wholeness.”***

Write down the gentle habits you will begin or the harsh habits you’ll surrender today:

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HOW TODAY’S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You’ll live with renewed confidence, knowing the same Spirit that raised Jesus (Yeshua) from the dead is empowering your change.*

SOUL (Renewing of Mind, Emotions, & Will): *Your thoughts will shift from striving for approval to resting in God’s acceptance, calming emotions, and strengthening your resolve.*

BODY (Retraining Your Daily Priorities): *Your physical actions—speech, work habits, and daily routines—will align more naturally with your identity in Jesus, the Messiah.*

DAY 11

1 Thessalonians 2 International Standard Version

1 For you yourselves know, brothers, that our visit to you was not a waste of time. 2 As you know, we suffered persecution and were mistreated in Philippi. Yet we were encouraged by our God to tell you his gospel in spite of strong opposition. 3 For our appeal to you does not spring from deceit, impure motives, or trickery. 4 Rather, because we have been approved by God to be entrusted with the gospel, we speak as we do, not trying to please people but God, who tests our motives. 5 As you know, we did not come with flattering words or with a scheme to make money. God is our witness! 6 We did not seek praise from people from you or from anyone else—7 even though as apostles of the Messiah we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. 8 We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us. 9 Brothers, you remember our labor and toil. We worked night and day so that we would not become a burden to any of you while we proclaimed the gospel of God to you. 10 You and God are witnesses of how pure, honest, and blameless our conduct was among you who believe. 11 You know very well that we treated each of you the way a father treats his children. 12 We comforted and encouraged you, urging you to live in a manner worthy of you the way a father treats his and glory. 13 Here is another reason why we constantly give thanks to God: When you received God's word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe.

Fatherly Encouragement



Day 11: Fatherly Encouragement

HABIT OF DAILY READING

"You know that we treated each of you as a father treats his own children. We encouraged you, comforted you, and urged you to live lives worthy of God, who calls you into His kingdom and glory." - 1 Thessalonians 2:11-12 (NIV)

HABIT FOCUS OF THE DAY

In the Jewish and Greco-Roman societies, the idea of a father was more than just a title of authority or a job as a provider. As the "head of household," the father's voice guided their spouse and children with wisdom and helped them mature and discover their unique roles in the family and the community. A good father was both a guardian and a guide, teaching his children how to become prepared for life's obstacles and challenges by giving them wise counsel, for correction, protection, and direction. Paul paints this picture next to the metaphor of the nursing mother from the previous verses on purpose, which we examined on Day 10, showing us that spiritual leadership needs to display both care and direction. Fatherly support is more than just words of encouragement; it's love that shapes your vision and sees potential before it's visible. The father, like a life coach or a mentor, imagines the masterpiece they will become, even before they are fully formed or matured. A spiritual father doesn't manipulate or scare his "children" into submission, but instead, encourages them consistently, sets a good example, and tells them the truth. We are expected to guide people with the same purpose as Paul did with the Thessalonians: by celebrating their success, guiding them into spiritual maturity, and pointing them in the direction that God has planned for their lives. Holy habits of fatherly support and encouragement help people stay spiritually stable, give them the strength to keep going, and help them run their race with divine purpose and Spirit-led direction.

Here are three holy habits tied to the three virtues of 1 Thessalonians 2:11-12:

Habit of Encouragement: Calling Out God's Work in Others

Look for moments to affirm God's grace and growth in someone's life.

Example: Text a friend, "I see how your faith has been growing—keep going, God's using you."

Habit of Comfort: Bringing Steady Presence in Trials

Show up when someone is weary, offering strength without judgment.

Example: Sit with someone during a hard season, pray over them, and remind them they are not alone.

Habit of Motivation: Inspiring a Worthy Life

Challenge people to rise higher in faith, but pair the challenge with hope.

Example: Encourage a young believer to take a new step—join a Bible study, serve in a ministry, or share their testimony.

UNHEALTHY HABIT TO BREAK

Break the habit of passive silence when people need guidance. Sometimes we avoid hard conversations because we fear being misunderstood. True fatherly love risks discomfort to speak truth in love—silence can leave people without the direction they desperately need.

UNRECOGNIZED HABIT TO NOTICE

Don't allow fear or peer pressure to dictate your day or affect who you are or how you'll behave. We could unintentionally criticize someone, or something, without meaning to, pointing out personal flaws without highlighting how they could improve. This tears down trust and paralyzes your growth. If you notice that your words hurt more than they help, change how you talk to give life while telling the truth. Recognize and write down any unhealthy habits that you desire to break to reboot:

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You for being the perfect Father—full of truth and full of love. Teach me to encourage, comfort, and inspire others toward lives worthy of You. Help me balance grace and guidance, so my words bring hope and my actions point to Your Kingdom. Make me a steady voice that calls people higher while walking beside them in love. In the name of Jesus, Yeshua the Messiah, Amen."

Write down the things you want to do today to actively encourage and strengthen someone's faith:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *Who in your life needs encouragement to keep walking with God?*
 - *How can you balance speaking truth with showing compassion this week?*
 - *Is there someone you've been silent with who actually needs your guidance?*
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Personal Application:

Identify one person you can encourage, comfort, or challenge in love today.

Write their name and what you will say to them, given the opportunity, or what you will do to strengthen them:

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HOLY HABITS IN ACTION

When you encourage someone, like a father would—with steady and consistent character, wise counsel or guidance, and with an intentional effort—you help people see beyond their present struggles to the life God is calling them into, and they were always meant to experience. Your presence becomes a compass pointing toward the Kingdom. Fatherly encouragement is not about showing control or selfish ambition—it’s about calling out identity and destiny.

A father’s encouragement shows care and concern for the needs of those they’re guiding, but it also holds them to a higher standard, not the world’s, but the standard of heaven – urging them toward a “life worthy of God” (1 Thessalonians 2:12) while still showing grace. It’s the difference between simply saying, “I love you as you are” (which is important) and saying, “I love you too much to let you settle for less than God’s best.”

*This kind of encouragement refreshes your spirit as you partner with God in shaping lives. It renews your soul as you focus on God’s truth over discouragement. It trains your body to step into intentional acts of guidance, from a simple text message to an invested mentoring conversation. **Today, break the cycle of disengaged leadership and choose the habit of engaged encouragement—truth with love, guidance with grace.***

Write down the habits that you will display as you show someone care and concern today:

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HOW TODAY’S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** You’ll walk in greater joy, knowing you are partnering with God in another’s growth.
- **SOUL (Renewing of Mind, Emotions, & Will):** Your mindset shifts from passive observation to active investment in others’ spiritual journeys.
- **BODY (Retraining Your Daily Priorities):** Your schedule, conversations, and actions will reflect a readiness to speak life and point others towards God’s Kingdom.

DAY 12

1 Thessalonians 2 International Standard Version

1 For you yourselves know, brothers, that our visit to you was not a waste of time. 2 As you know, we suffered persecution and were mistreated in Philippi. Yet we were encouraged by our God to tell you his gospel in spite of strong opposition. 3 For our appeal to you does not spring from deceit, impure motives, or trickery. 4 Rather, because we have been approved by God to be entrusted with the gospel, we speak as we do, not trying to please people but God, who tests our motives. 5 As you know, we did not come with flattering words or with a scheme to make money. God is our witness! 6 We did not seek praise from people from you or from anyone else—7 even though as apostles of the Messiah we might have made such demands. Instead, we were gentle among you, like a nursing mother tenderly caring for her own children. 8 We cared so deeply for you that we were determined to share with you not only the gospel of God but our very lives. That is how dear you were to us. 9 Brothers, you remember our labor and toil. We worked night and day so that we would not become a burden to any of you while we proclaimed the gospel of God to you. 10 You and God are witnesses of how pure, honest, and blameless our conduct was among you who believe. 11 You know very well that we treated each of you the way a father treats his children. 12 We comforted and encouraged you, urging you to live in a manner worthy of the word of God, which you thank from us. 13 Here is another reason why we constantly give thanks to God: When you received God's word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe.

Our Hope, Our Joy,
and Our Crown

HOLY
Habits



Day 12: Our Hope, Our Joy, and Our Crown

HABIT OF DAILY READING

“Here is another reason why we constantly give thanks to God: When you received God’s word, which you heard from us, you did not accept it as the word of humans but for what it really is—the word of God, which is at work in you who believe...For who is our hope or joy or crown of boasting before our Lord Yeshua at His coming? Is it not you?” - 1 Thessalonians 2:13,19 (ISV)

HABIT FOCUS OF THE DAY

Paul was more than just a traveling preacher—he was a Torah scholar, a talented tentmaker, and, at times, the subject of false accusations, labeled by some as a troublemaker. Yet in every city, every synagogue, and every conversation, Paul’s ultimate goal was not to protect his reputation but to see the message of God’s Word received for what it is: not personal speculation or brilliant speech from a mere man, but divine revelation from God—His living and transforming Divine Word.

When Paul wrote to the Thessalonians, he celebrated their faith, not only because they had heard him speak, but because they had embraced the gospel as truth from God Himself. This greeting was the soil in which their mission took root and grew strong, bringing fruit in a hostile world. Paul saw firsthand that Scripture is never passive—it is active, keen, and living, operating within the hearts of people who believe, generating endurance under stress and transformation in daily life.

Paul calls the believers “Our Hope, Our Joy, and Our Crown” in verse 19, knowing that steadfast faith would keep the Gospel bearing fruit beyond his lifetime. They are his joy, as their growth brought him deep satisfaction, like a farmer rejoicing over his harvest. They are his crown, the eternal reward, and evidence of a life faithfully poured out for God’s purpose and plan.

Here are three holy habits tied to the three virtues of 1 Thessalonians 2:13,19

Habit of Receiving the Word with Humility – Accept the Word as God’s authority, not just good advice.

Example: Ask God, “What do You want me to change today because of this truth?”

Habit of Allowing the Word to Work in You – Expect Scripture to shape your motives, thoughts, and decisions.

Example: Write a note of encouragement, forgiving someone from the heart, or helping someone carry a burden.

Habit that Inspires Endurance by Hope: Hope-Focused Journaling or Scripture Meditation
Each evening (or when facing weariness), write down or meditate on one promise from Scripture that gives you eternal perspective. Let this renew your mind and strengthen your resolve to press on.

Example: Reflect on today’s passage then journal how it helps you make new habits.

UNHEALTHY HABIT TO BREAK

Break the habit of treating God’s Word as optional or ordinary. You stunt your spiritual growth when you only listen without responding or pick and choose which truths you will obey. Instead, embrace the Word as divine truth that carries weight for every part of your life.

UNRECOGNIZED HABIT TO NOTICE

Notice when you give more authority to people's opinions, emotions, or cultural voices than to the Word of God. Without realizing it, you may lean on podcasts, social media, or trends instead of God's truth to define your choices. Recognize and write down any area where human words have shaped your thinking more than Scripture.

BUILDING THE HABIT OF PRAYER

"Abba Father, thank You for the gift of Your Word that works in me with power. Help me receive every Scripture as Your living truth, not just words on a page. Make my heart soft, my mind open, and my actions obedient to what You reveal. May Your Word be my hope, joy, and eternal crown. In the name of Jesus, Yeshua the Messiah. Amen."

Write down how you will build holy habits of receiving, believing, and obeying God's Word today.

DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

Where do you see God's Word actively at work in you right now?

- *How does the promise of being someone's "hope, joy, and crown" inspire you to live out your faith more boldly?*
- *Who in your life has been impacted by your obedience to the Word—and how can you encourage them this week?*

Personal Application:

Today, choose one way you will let God's Word shape your attitudes and actions.

Write down the things you consider to be your greatest hope, joy, and crown in life:

HOLY HABITS IN ACTION

When the Word is received as divine truth, it is no longer just a collection of wise sayings or moral guidance—it is the very breath of God, carrying His authority and life-changing power in your life. God’s Word moves us beyond learning mere knowledge, piercing the heart, renewing the mind, and reshaping our will to His. Every time you open the Scriptures, you step into a holy meeting place with God, not merely to learn about Him, but to encounter the God who still speaks today and wants to speak to you.

In those sacred moments of prayer and devotion, the Word must not stop at your intellect; it must travel the long but necessary journey from your head to your heart, where it stirs deep convictions, awakens your love, and ignites your faith. From there, it motivates your hands for actions, shaping the way you live, serve, and respond to others.

*When you allow the Word to work within you—when you choose not only to hear but to believe and obey—it becomes evident to others. You become living proof of its transforming power, a testimony of the Holy Spirit’s deep inner work. You are, as Paul wrote, “our hope, our joy, and our crown” (1 Thessalonians 2:19), because your life displays the reality and revelation of God’s truth and unconditional love. **Today, be “Our Hope, Our Joy, and Our Crown,”** as you receive and embrace God’s Word in your life.*

Write down one concrete habit you can start that prioritizes God’s Word daily (like reading your Bible 10 minutes before making a phone call, memorizing a verse to meditate on, and journaling some takeaways to pray over for application throughout your day):

HOW TODAY’S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You will walk with renewed hope, knowing God’s Word is alive in you, producing strength and perseverance for your day.*

SOUL (Renewing of Mind, Emotions, & Will): *Your thoughts will be grounded in truth, not swayed by people’s opinions, and your emotions will find joy in God’s promises.*

BODY (Retraining Your Daily Priorities): *Your daily routines—speech, relationships, and responsibilities—will begin to reflect obedience to God’s Word and bear fruit that lasts. May your life be “Our Hope, Our Joy, and Our Crown.”*



Day 13: Weekly Reflection

WEEK TWO: Discovering the Power to Change:

Breaking Patterns and Restoring Wholeness

Theme Verses: 1 Thessalonians 5:23 and 1 Thessalonians 2:1–19

DAY 8: Monday – Boldness in the Face of Opposition

Courage Check: Where did you sense the Spirit nudging you to stand bold this week, and how did you respond in the moment?

DAY 9: Tuesday – Approved & Entrusted

Trust Test: In what areas of your life are you tempted to seek approval from people instead of God, and how can you shift your trust back to Him?

DAY 10: Wednesday – Gentle Like a Nursing Mother

Nurture Challenge: How have you shown gentle care and patience toward others this week, and where do you need to grow in tenderness?

DAY 11: Thursday – Fatherly Encouragement

Words that Build:

From Day 11: What words of encouragement have you spoken that built others up, and what opportunity did you miss to strengthen someone's faith?

DAY 12: Friday – Our Hope, Our Joy, and Our Crown

Eternal Investment:

From Day 12: Who are the people God has placed in your life that reflect your "hope, joy, and crown," and how can you intentionally invest in them this coming week?

DAY 13: Saturday – Weekly Reflection - Discovering the Power to Change

Change Commitment: What habit is God asking you to break, and what holy habit is He calling you to build? Write them down and pray for the Spirit's strength to live them out each day.

Day 14: Sunday Reflection



SUNDAY SERMON: BREAKLY UNHEALTHY HABITS
Breaking the Cycle That's Trying to Break Your Life

THEME VERSE:

"Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body..." – 1 Thessalonians 5:23 (TPT)

THREE HOLY HABITS TO BREAK PAST CYCLES AND BUILD NEW PATTERNS:

1. NOTICE WHAT'S DRAINING YOUR JOY

– Let your inner man be filled and inspired with inner strength to develop Holy Habits

5 "...I was afraid that the TEMPTER had TEMPTED you in some way, and that our work had been a WASTE OF TIME. 6 But Timothy has now returned to us from you and has told us the good news of your faith and love. He also told us that you always think kindly of us and desire to see us, just as we desire to see you. 7 That's why, brothers and sisters, in all our distress and persecution we were ENCOURAGED about you by YOUR FAITH. 8 For now we can go on living, as long as you continue to stand firm in the Lord. 9 How can we thank God enough for you in return for all the JOY we have in God's presence because of you? – 1 Thessalonians 3:5b-9 (ISV)

COMMON TIME-WASTERS & TEMPTATIONS THAT DRAIN JOY

- Endless scrolling on social media that stirs comparison instead of contentment.
- Binge-watching shows or videos that leave you spiritually numb.
- Engaging in gossip that poisons relationships and steals peace.
- Overcommitment to activities that keep you too busy for God's priorities.
- Procrastinating on responsibilities until stress becomes overwhelming.
- Mindlessly snacking or comfort eating instead of addressing emotional hunger.
- Shopping or spending to fill a void instead of practicing wise stewardship.
- Entertaining toxic relationships that keep you stuck in old cycles.
- Allowing negative self-talk to dominate your thoughts and mood.
- Seeking quick pleasures instead of long-term, Spirit-led fulfillment.

INSIGHT: It's not about our willpower; it's about Spirit-inspired power that gives us inner strength.

16 Always be JOYFUL. 17 Continually be PRAYERFUL. 18 In everything be THANKFUL, because this is God's will for you in the Messiah Jesus. 19 Do not put out the SPIRIT'S FIRE. – 1 Thessalonians 5:16-19 (ISV)

2. DAILY RESET YOUR MIND TO PRAYERFULLY REBOOT YOUR HABITS

– Let Your Morning Devotion Help You Download a New Way of Thinking

"[And we] CONTINUE TO PRAY especially and with most intense earnestness night and day that we may see you face to face and mend and make good whatever may be imperfect and LACKING in your FAITH..." – 1 Thessalonians 3:10 (AMPC)

17 Continually be PRAYERFUL. 18 In everything be THANKFUL, because this is God's WILL for you in the Messiah Jesus. 19 Do not put out the SPIRIT'S FIRE. – 1 Thessalonians 5:17-19 (ISV)

Illustration: We've all wished we could delete life's issues like on a computer. But fragments remain—only the Holy Spirit can restore us to our Creator's original design.

MAKE A NEW HABIT: Identify one destructive pattern and swap it for a Spirit-led discipline this week.

3. LET GOD'S LOVE FUEL YOUR FREEDOM & HOLY LIFESTYLE

– Let Love Break the Cycle of Bad Habits while You Build New Ones

12 May the Lord greatly INCREASE YOUR LOVE for one another and for all people, just as our LOVE for you GROWS." – 1 Thessalonians 3:12 (ISV)

LOVE EMPOWERS LASTING HABITS:

We continue to do things we love most. To have lasting freedom isn't about trying harder—it's about loving God more than the habit. The more you love Him, the less power a bad or unhealthy habit has over your life.

"Then your hearts will be strong, BLAMELESS, and HOLY in the presence of God, our Father, when our Lord Jesus appears with all His SAINTS ("HOLY ONES" or "those SET-APART")." – 1 Thessalonians 3:13 (ISV)

HOLY HABITS SHAPE YOUR CHARACTER, GUARD YOUR WITNESS, AND MAKE HOLINESS HABIT-DRIVEN, SO THAT BECOMING BLAMELESS IS PREVENTATIVE AND PROTECTIVE, NOT REACTIVE OR DEFENSIVE.

MAKE A NEW HABIT: Each day, choose one act of love that pushes selfishness out of your life.

LOOKING AHEAD AT YOUR WEEK

WEEK THREE: Breaking Unhealthy Habits

Theme:

This week, God wants to strengthen your heart in the face of pressure, habits, and emotional cycles that keep trying to break your progress. You've already begun walking in freedom—but now it's time to confront those patterns that sneak back in through trial, discouragement, or distraction. The apostle Paul reminded the Thessalonians that their faith, love, and hope could stand firm—even in the midst of the fire. This week, let God build your endurance, deepen your love, and strengthen your inner life so you're not just avoiding bad habits...but replacing them with holy ones. Each day this week, you'll break toxic cycles—one habit at a time!

WEEK 3 – Breaking Unhealthy Habits: Breaking the Cycle That's Trying to Break Your Life

Theme Verses: 1 Thessalonians 5:23 and 1 Thessalonians 3:1-13

Theme: Real change begins when your heart is strengthened—so you can stop repeating old patterns and start walking in new purpose.

DAY 15: Monday – Standing Firm in Trials

Focus: Stability when under pressure (3:1–4)

DAY 16: Tuesday – Encouraged by Faith

Focus: Mutual encouragement in community (3:5-7)

DAY 17: Wednesday – Joy that Fuels Endurance

Focus: Gratitude as a habit (3:8-9)

DAY 18: Thursday – Overflowing in Love

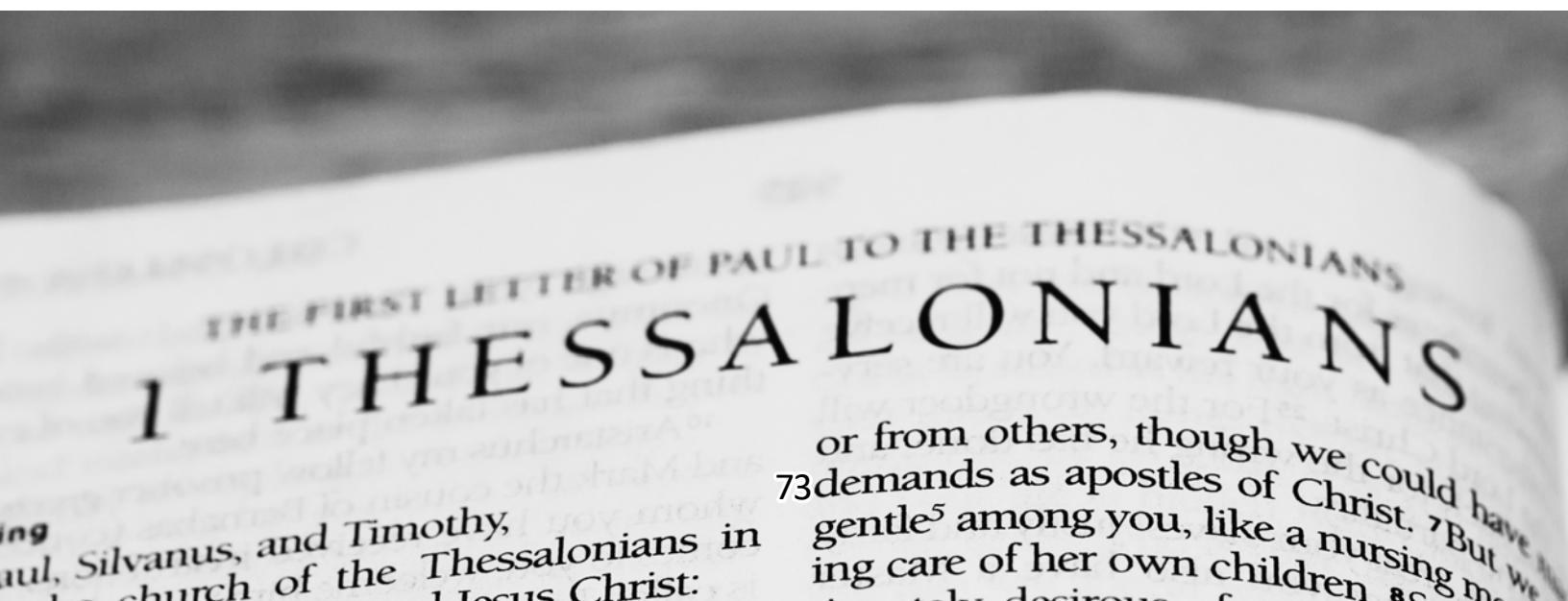
Focus: Let love increase more and more (3:10-12)

DAY 19: Friday – Hearts Strengthened in Holiness

Focus: God prepares you for blameless living (3:13)

DAY 20: Saturday Reflection – Breaking the Cycle That's Trying to Break Your Life

Focus: Review the 5 practical habits to notice which ones helped you break unhealthy cycles.



DAY 15

1 Thessalonians 3 International Standard Version

1 So when we could stand it no longer, we thought it best to be left by ourselves in Athens. 2 We sent Timothy, who is our brother and co-worker in God's service in spreading the gospel of Christ, to strengthen and encourage you in your faith, 3 so that no one would be unsettled by these trials. For you know quite well that we are destined for them. 4 In fact, when we were with you, we kept telling you that we would be persecuted. And it turned out that way, as you well know. 5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. 6 But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. 7 Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of your faith. 10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus dear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Standing Firm in Trials



Day 15: Standing Firm in Trials

HABIT OF DAILY READING

“So when we could stand it no longer, we thought it best to be left by ourselves in Athens. We sent Timothy, our brother and fellow worker for God in the gospel of the Messiah, to strengthen and encourage you in your faith, so that no one would be shaken by these persecutions. Indeed, you yourselves know that we were meant to go through this. In fact, when we were with you, we kept telling you in advance that we were going to suffer persecution. And as you know, that’s what happened.”

- 1 Thessalonians 3:1-4 (ISV)

HABIT FOCUS OF THE DAY

TPaul expected trials—but he also expected believers to stand firm. He didn’t soften the truth. Instead, he built their faith in advance. Today’s habit is about fortifying your spirit now so that when the pressure rises, you don’t retreat. You endure with hope, not panic. We were never promised a trial-free life—but we were promised a Spirit-filled life. These verses reveal that hardship is not a surprise; it’s part of the journey. And through it, we don’t just survive—we grow stronger. Trials don’t define us; they develop us. They expose the patterns and habits we’re developing, and reveal what we’ve been lacking in spiritual disciplines. God doesn’t remove all pressure, but He always gives us His power to stand firm. If we continue in our discipleship journey, walk in the footsteps of Jesus, and apply the encouraging words of the apostle, we will stay strong during testing and overcome every obstacle by the power of the Holy Spirit.

Here are three holy habits tied to the three virtues of 1 Thessalonians 3:1-4

Habit of Recognizing & Replacing: Defining What Must Go & What Must Grow

Example: Write down one habit that no longer belongs in your life, and the new practice that will replace it (e.g., replace scrolling with Scripture, replace complaining with gratitude).

Habit of Renewing Your Mind: Choosing Truth Over Triggers

Example:

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Habit of Repeating with Resilience: Practicing Until It Becomes Natural

Example: Commit to one small daily action that reinforces the new behavior. Progress comes by persistence, not perfection.

UNHEALTHY HABIT TO BREAK

Don’t React Emotionally, Instead, Prepare Yourself Spiritually: When we panic under pressure it’s a sign we’re not trained and ready for battle. Paul didn’t wait for crisis to teach perseverance—he laid a foundation of faith in advance. You must break the habit of equating struggle with failure. Hardship doesn’t mean God has abandoned you—it means He’s preparing you. Stop reacting with fear when resistance shows up. Start building daily habits that prepare you to stand firm when the storm hits.

UNRECOGNIZED HABIT TO NOTICE

Don't be afraid of attacks that come your way; instead, expect trials—but also expect that you will stand firm in the midst of them. Stop assuming hardship means failure. Break the habit of reacting emotionally or spiritually retreating at the first sign of difficulty. When you equate struggle with being "out of God's will," you miss the refining work that trials bring. Discomfort isn't a sign to quit—it's often a sign you're growing. Recognize and write down any unhealthy fear you have about going through a trial or test.

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You that trials do not mean You've abandoned me—they mean You're refining me. Strengthen my heart to stand firm and not be shaken, while You teach me to grow through adversity, and not try to escape it or avoid it. I trust that You are with me in every storm. In the name of Jesus, Yeshua the Messiah. Amen."

Write down the storms you're currently facing, and how you will respond with faith, and not fear:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *What persecution or pressure have you faced that tested your faith?*
 - *How can you encourage someone else who may be under pressure?*
 - *What daily habit can help anchor your faith so you're not shaken next time?*
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Personal Application:

Write down one spiritual discipline (prayer, Scripture reading, confession, worship) you can strengthen this week that will help you endure trials without wavering.

Write down your spiritual "emergency plan" so that next time pressure comes, you are ready and prepared for battle and have a promise to declare in your response.

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HOLY HABITS IN ACTION

Timothy wasn't just sent to check in on the Thessalonians—he was sent to strengthen their faith and encourage their hearts (1 Thessalonians 3:2). That's the same call God places on us today. You're not only called to stand firm yourself, but to help others stand strong and steadfast when life feels shaky or unstable.

*Think of someone who's under pressure right now. Maybe they're weighed down by stress, facing family struggles, or just feeling unseen. Take a moment today to reach out—send a text, lift them up in prayer, or speak a word of life into their situation. A few words of faith can be the reminder they need that God hasn't forgotten them. And while you strengthen others, don't forget to guard your own heart. Decide today that pressure will not steal your peace. Trials may shake the world, but they don't shake those who are rooted in the Word. Stand firm. Lean into God's promises. Remind yourself: You are built for this—equipped by His Spirit, upheld by His grace, and anchored in His truth. **Declare: "I'm Standing Firm in Trials!"***

*When you encourage others, you not only strengthen them—you strengthen yourself. That's the power of living faith: it multiplies. **Today, strengthen someone else with your words, and choose to stay unshaken in your own spirit.***

Write down how you'll take a Spirit-led step to stand firm and strengthen someone else today.

HOW TODAY'S HABIT WILL AFFECT:

- **SPIRIT (Refreshing the Inner Man):** You will gain resilience and spiritual courage by trusting that trials reveal God's refining—not rejection.

- **SOUL (Renewing of Mind, Emotions, & Will):** Your emotions will stabilize as you stop seeing pressure as punishment and start viewing it as preparation.

- **BODY (Retraining Your Daily Priorities):** You'll make intentional choices to respond with faith-filled action instead of fear-filled reaction—standing firm even when life feels unstable.

DAY 16

1 Thessalonians 3 International Standard Version

1 So when we could stand it no longer, we thought it best to be left by ourselves in Athens. 2 We sent Timothy, who is our brother and co-worker in God's service in spreading the gospel of Christ, to strengthen and encourage you in your faith, 3 so that no one would be unsettled by these trials. For you know quite well that we are destined for them. 4 In fact, when we were with you, we kept telling you that we would be persecuted. And it turned out that way, as you well know. 5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. 6 But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. 7 Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of you? 10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus dear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Encouraged
by Faith



Day 16: Encouraged by Faith

HABIT OF DAILY READING

“For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith.” - 1 Thessalonians 3:5-7 (ISV)

HABIT FOCUS OF THE DAY

Paul was deeply concerned for the Thessalonians because they were new believers facing intense persecution without his guidance. He knew the enemy, “the Tempter,” would try to use trials to weaken their faith, and he feared his labor might be in vain if they turned back. More than that, his love for them was personal—he saw them as his joy, hope, and crown—so their perseverance in their faith mattered deeply to him. He wanted to be assured that they were continuing to stand firm in their faith in Jesus as their Messiah. When Timothy returned with good news, it lifted Paul’s spirit—even in his distress. That is the power of mutual encouragement: your faith doesn’t just hold you up, it strengthens others, too. Today’s habit is about practicing encouragement in our spiritual community of faith. Our faith in God is contagious. When a believer stands firm during trials or persecution, it kindles a flame of courage in others and motivates them to keep pressing on without quitting. Sometimes you don’t realize how much your steady walk with the Lord speaks volumes to someone else. Encouragement isn’t always about saying all the right words—it’s also about being a personal witness of genuine transformation. Let your light shine bright and be the change you want to see in others.

Here are three holy habits tied to the three virtues of 1 Thessalonians 3:5-7:

Habit of Sharing Testimonies: Encouraging Faith Through Stories

Faith grows and multiplies when we share what God has done for us. Timothy’s good news and report of faith lifted Paul’s spirit, just as our words of faith can do for someone else.

Example: Share a story today—big or small—of how God has been faithful to you. Post it on social media, text it to a friend or family member, or tell someone you meet today face-to-face.

Habit of Encouraging Presence: Showing Up With Steadfast Love

Encouragement isn’t just spoken—it’s shown by being present. Faith grows when we show up for each other, especially in hard times.

Example: Visit, call, or text someone going through a trial and remind them they’re not alone.

Habit of Celebrating Others’ Faith: Rejoicing in Their Growth

Don’t just notice someone’s faith—celebrate it! Give thanks for the way God is working in their life.”

Example: Tell someone, “I thank God for the way you’ve kept going in faith.” It strengthens me, too.

UNHEALTHY HABIT TO BREAK

Break the habit of keeping encouragement to yourself. Too often, we notice someone’s faith or growth but never say it out loud. Silence leaves people wondering if their effort matters. Don’t assume they know—speak it. Encouragement unspoken is encouragement wasted.

UNRECOGNIZED HABIT TO NOTICE

Don't forget how powerful your encouragement is to someone who needs it. Notice that if you only focus on your own struggles without looking at how others are doing, you miss opportunities to encourage them. Sometimes discouragement narrows our vision to only see our own needs, and not the needs around us. Bring someone hope today with your love. Recognize and write down one person whose faith inspires you, and let them know.

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You for the gift of encouragement that comes through faith. Help me to see how others' faith strengthens me, and show me how my life can strengthen them. Teach me to speak words of life, to celebrate growth, and to carry encouragement wherever I go. May my presence remind others that You are near. In the name of Jesus, Yeshua the Messiah, Amen."

Write down the people whose faith has encouraged you recently, and how you will encourage them in return:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- Who in your life has inspired you by their faithfulness?*
 - How has someone's encouragement kept you from giving up?*
 - How can your own steady faith be a source of strength to others this week?*
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Personal Application:

Recognize someone whose faith has encouraged you. Write down their name and one action step you'll take to let them know how much their example means.

Write down the things you want to declare over your life today to devote yourself to be set apart:

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HOLY HABITS IN ACTION

Paul was refreshed when he heard about the Thessalonians' faith. The word he uses for encouraged is parakaleō (παρακαλέω), meaning "to be called, and stand alongside someone, to help or strengthen them." In Hebraic thought, this echoes nacham (נחם)—the comfort God gives His people (Isaiah 40:1). Their steadfast trust came alongside Paul's weary heart and gave him strength.

That same principle is true today—your faith can help build someone else's faith. In Hebrew, faith is emunah (אמונה), meaning steadfast loyalty and trustworthy belief. When your faith perseveres in the Messiah, it isn't just for you; it encourages everyone watching, who see the transformation in your life. Timothy's report to Paul about the steadfast faith of these new believers, who had recently left their old pagan lifestyles, was called "good news (euangelion / εὐαγγέλιον)"—the same word for the Gospel itself. Their endurance in faith was "gospel-worthy" news to the ears of the apostle.

Encouragement builds our faith community and releases joy in the hearts of those who have been discouraged by trials, tribulations, and persecution because of their faith in the Lord. Love expressed in agapē (ἀγάπη), echoing the Hebrew chesed (חסד)—covenant lovingkindness—anchors our faith and increases our strength. When you say to someone, "Your faith inspires me," you bless them and deepen your own faith by your bold encouragement. You are called to be an encourager as you choose to share your faith, and also be "Encouraged by Faith."

Write down one way you will take a Spirit-led step to encourage someone's faith today:

HOW TODAY'S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You'll live with renewed confidence, knowing the same Spirit that raised Yeshua from the dead is empowering your change.*

SOUL (Renewing of Mind, Emotions, & Will): *Your thoughts will shift from striving for approval to resting in God's acceptance, calming emotions, and strengthening your resolve.*

BODY (Retraining Your Daily Priorities): *Your physical actions—speech, work habits, and daily rhythms—will align more naturally with your identity in Jesus, the Messiah.*

DAY 17

1 Thessalonians 3 International Standard Version

1 So when we could stand it no longer, we thought it best to be left by ourselves in Athens. 2 We sent Timothy, who is our brother and co-worker in God's service in spreading the gospel of Christ, to strengthen and encourage you in your faith, 3 so that no one would be unsettled by these trials. For you know quite well that we are destined for them. 4 In fact, when we were with you, we kept telling you that we would be persecuted. And it turned out that way, as you well know. 5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. 6 But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. 7 Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of you? 10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus dear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Joy that Fuels
Endurance

HOLY
Habits



Day 17: Joy that Fuels Endurance

HABIT OF DAILY READING

“For now we live, if you are standing firm in the Lord. How can we thank God enough for you in return for all the joy we have in the presence of our God because of you?”
- 1 Thessalonians 3:8-9 (ISV)

HABIT FOCUS OF THE DAY

Paul declared that the faithfulness of the Thessalonians gave him life-giving encouragement. Their endurance wasn't only their personal victory—it became Paul's joy and strength. Notice the connection: your endurance fuels someone else's joy, and their joy fuels your endurance. Our daily encouragement fuels resilience and endurance to continue to grow in grace and build God's Kingdom. Joy isn't just a personal feeling or an emotional whim—it's a spiritual source of power that builds perseverance within our inner man. Seeing other people stay firm makes you thankful and encourages you to keep going. Today's habit is about finding joy that helps you stay faithful, without burnout or spiritual apathy. The joy we experience in God's presence, the joy we have when we see faith activated in other believers, and the joy we receive for the destiny ahead strengthen us and endure even when things are tough and hard to overcome.

Here are three holy habits tied to the three virtues of 1 Thessalonians 3:8-9:

Habit of Gratitude: *Thanking God for the Faith We See in Our Fellow Believers*

Paul's joy overflowed in thanksgiving. Gratitude turns our focus outward and strengthens bonds in the community.

Example: *Start today by naming at least three people whose faith encourages you, and thank God for them by name.*

Habit of Joyful Endurance: *Choosing Joy in Trials Even When Life Seems Difficult*

Joy isn't a result of circumstances—it's a discipline of trust. It fuels the strength to keep standing.

Example: *When you feel weary and tired, declare out loud: “The joy of the Lord is my strength” (Nehemiah 8:10). Say this truth throughout your day when weariness comes upon you or you feel attacked or under extreme pressure from outside sources.*

Habit of Life-Giving Presence: *Bringing Joy to Others*

Paul said, “For now we live”—their faith revived him. Likewise, your presence and encouragement can bring life to someone else.

Example: *Be intentional today—visit, call, or send a message to remind someone that their faith strengthens you.*

UNHEALTHY HABIT TO BREAK

Break the habit of self-centered focus in hardship. *Trials often tempt us to turn inward and miss the encouragement God sends through others. Stop rehearsing only your struggles—choose to notice the victories around you. When you celebrate what God is doing in someone else's life, it lifts your perspective and reminds you that He is still at work. Gratitude for others' breakthroughs fuels fresh faith for your own.*

UNRECOGNIZED HABIT TO NOTICE

Don't underestimate the impact that your steady walk with God can have on others around you. You may not realize how much your quiet faith fuels someone else's endurance. Write down one way your perseverance could be a testimony that keeps others going. As Paul said, "For now we live, if you are standing fast in the Lord" (3:8)—your stability brings life and joy to others. In fact, your steadfastness in Christ can spark gratitude and praise to God, just as Paul overflowed with thanksgiving for the Thessalonians (3:9). Recognize and write down the names of those who find joy in your faithfulness and spiritual endurance as a believer in Jesus.

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BUILDING THE HABIT OF PRAYER

"Abba Father, thank You for the joy that comes from Your presence and from the faith of others. Teach me to live with gratitude, to draw strength from joy, and to encourage endurance in those around me. Let my life bring refreshing and revival to others, even in seasons of trial. May my joy be a witness that points to You. In the name of Jesus, Yeshua the Messiah, Amen."

Write down the names of those who fuel your joy and encourage you by their endurance:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *Who has fueled your endurance by their example of faith?*
 - *How has joy—yours or someone else's—kept you from giving up?*
 - *How can you intentionally bring joy to someone's life this week?*
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Personal Application:

Write one action step to share joy with someone today (a prayer, message, gift, or encouragement). Remember that "The joy of the Lord is your strength," and your endurance fuels others with faith and joy, as you stay anchored in Jesus, your Messiah.

Write down declarations you will speak over your life, like "The joy of the Lord is my strength":

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HOLY HABITS IN ACTION

Paul's words "For now we live" (νῦν ζῶμεν / nyn zōmen) reflect renewed vitality and spiritual passion for God—a faith that brought life back to him by hearing and seeing faith in those that he ministered to and prayed for. This parallels the Hebrew idea of chayah (חיה), which means "to revive or give life." Their endurance revived his spirit and refreshed his soul.

The joy Paul describes in these verses is chara (χαρά) in Greek, rooted in grace (charis, where we get the English word "charisma" and "charismatic"—"to be gifted through a flow of God's grace and favor"). In Hebraic thought, it echoes simchah (שִׂמְחָה)—meaning joy that flows from God as our source of true happiness and contentment, not perfect circumstances.

This spiritual principle of faith reminds us that joy and endurance are intertwined: endurance increases our joy, and joy sustains our endurance. Your steadfastness is never wasted, no matter what you go through in life—it's God-given fuel that empowers others to believe and put their trust and faith in God as we have.
Today, choose to walk in the revelation of the "Joy that Fuels Endurance."

Write down one Spirit-led way you will bring joy to someone's endurance journey today:

HOW TODAY'S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *Joy will renew your strength and deepen your connection to the Spirit's empowering presence.*

SOUL (Renewing of Mind, Emotions, & Will): *Gratitude and joy will shift your perspective from discouragement to hope, stabilizing and grounding your emotions and strengthening your willpower in God, as the source of your joy.*

BODY (Retraining Your Daily Priorities): *Your actions—encouraging words, presence, and gratitude—will bring life to others and align your habits with the Messiah's enduring love and strength throughout your day.*

DAY 18

1 Thessalonians 3 International Standard Version

1 So when we could stand it no longer, we thought it best to be left by ourselves in Athens. 2 We sent Timothy, who is our brother and co-worker in God's service in spreading the gospel of Christ, to strengthen and encourage you in your faith, 3 so that no one would be unsettled by these trials. For you know quite well that we are destined for them. 4 In fact, when we were with you, we kept telling you that we would be persecuted. And it turned out that way, as you well know. 5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. 6 But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. 7 Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of your faith. 10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus dear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Overflowing
in Love

HOLY
Habits



Day 18: Overflowing in Love

HABIT OF DAILY READING

“Day and night we pray earnestly to see you again and to supply what is lacking in your faith. May God our Father Himself and our Lord Jesus direct our way to you. And may the Lord greatly increase your love for each other and for everyone else, just as we love you.” – 1 Thessalonians 3:10–12 (ISV)

HABIT FOCUS OF THE DAY

Holy habits are not complete until they overflow in love from a pure heart and conscience. Paul interceded for the Thessalonians not only to grow in their faith but to go beyond "status quo" and increase in their expression of love to one another and everyone in their circle. Sincere love is a sign of maturity in Messiah—it is the glue that holds both faith and hope together. What can you do intentionally to cultivate your ability to show more love and develop a holy lifestyle that produces godly character and holy habits? When love is displayed with pure motives, it reveals a person's growth and maturity in the Lord. Just as Paul's ministry was saturated in prayer, encouragement, and affection, so our lives must be rooted in God's love, continually overflowing out to others.

Here are three holy habits tied to the three virtues of 1 Thessalonians 3:10-12:

Habit of Persistent Prayer – Start Cultivating Daily Intercession to Increase Your Love

Paul prayed day and night for others. Love grows as we pray for people by name.

Example: Keep a prayer journal where you write down people's names and specific needs, lifting them daily before God.

Habit of Seeking Spiritual Growth – Know that God Can Supply What You're Lacking

True love seeks to strengthen others where they are weak.

Example: Intentionally encourage someone's faith today by sharing Scripture, a testimony, or a word of hope.

Habit of Expressing Unconditional Love – Expand Your Circle and Reach More People

Love is not limited to those who are easy to love; it extends to "everyone else."

Example: Look for an opportunity to show kindness to a stranger or someone outside your normal circle of influence.

UNHEALTHY HABIT TO BREAK

Break the habit of trying to love with your own strength—let God's unlimited love flow through you. Think about how important it is for humans to express and receive genuine love throughout their lifetime. We can't rely on human effort alone to love others, but God's eternal, unconditional, limitless love, planted in our hearts by the Holy Spirit, enables us to pour that same love out to those around us.

UNRECOGNIZED HABIT TO NOTICE

Don't miss chances to love when God nudges you by His Spirit to show someone in need godly love and concern. Notice when you withhold love because you're too busy, distracted, or fearful of rejection. Sometimes we fail to love not out of malice, but out of neglect or inattention. Pay attention to missed opportunities—those moments when the Spirit nudges you to reach out, but you move on without action. Recognize and write down any unhealthy habits that have desensitized you from feeling empathy or extending compassion.

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BUILDING THE HABIT OF PRAYER

"Abba Father, fill my heart with Your love until it overflows. Teach me to pray for others daily, to strengthen the weak, and to love beyond my natural limits. Let my faith grow stronger through love in action, so that my life reflects the heart of Messiah. In Jesus' name, Amen."

Write down three people you will pray for today and one way you can practically show love to each:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *Who do you find it hardest to love, and why?*
 - *How can you increase your prayers for others so that love becomes more than words?*
 - *What step can you take to let God's love flow through you to those outside your normal circle?*
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Personal Application:

Write out one act of love you will practice today, even if it feels inconvenient. Remember that God's love is unconditional towards us, and the Messiah's love was sacrificial, so we should follow this divine expression and model the Messiah's love toward one another.

Write down the names of the people in your circle of influence who need to feel God's love:

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HOLY HABITS IN ACTION

Paul declared, “Night and day, we pray very earnestly to see you face to face and to supply what is lacking in your faith. May God our Father himself and our Lord Jesus direct our way to you. And may the Lord greatly increase your love for each other and everyone else, just as we love you.”

The Apostle’s prayer for the believer shows us that holy habits aren’t about rigid routines or legalistic rules, but about being shaped by God’s love. Notice the rhythm: prayer, faith, and love. Paul prayed “night and day,” showing us that prayer is not occasional—it’s continual. He longed to encourage the Thessalonians, because even strong faith needs strengthening. Finally, he asked the Lord to make their love overflow. Paul is reminding us that the ultimate fruit of faith is love in action.

So what holy habits do we put into practice?

- *Pray often and earnestly. Start and end your day with prayer, but also whisper prayers throughout.*
- *Build up someone’s faith. Send a message, share a verse, or encourage someone who needs hope.*
- *Let love overflow. Don’t stop at loving your circle—extend it outward.*

*Holy habits form holy people. When prayer, faith, and love grow, you don’t just change—you help others change too. **Today, you will be “Overflowing in Love.”***

Write down a description of how your day could go if you just showed more love to others:

HOW TODAY’S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *You will sense the Spirit’s joy as your prayers for others fuel compassion and intercession.*

SOUL (Renewing of Mind, Emotions, & Will): *Your thoughts and emotions will align with God’s love, softening your heart and strengthening your patience.*

BODY (Retraining Your Daily Priorities): *Your daily actions—serving, speaking, and showing up—will display love that moves beyond convenience into conviction.*

DAY 19

1 Thessalonians 3 International Standard Version

1 So when we could stand it no longer, we thought it best to be left by ourselves in Athens. 2 We sent Timothy, who is our brother and co-worker in God's service in spreading the gospel of Christ, to strengthen and encourage you in your faith, 3 so that no one would be unsettled by these trials. For you know quite well that we are destined for them. 4 In fact, when we were with you, we kept telling you that we would be persecuted. And it turned out that way, as you well know. 5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain. 6 But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you. 7 Therefore, brothers and sisters, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of your faith. 10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus dear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

Hearts Strengthened
in Holiness

HOLY
Habits



Day 19: Hearts Strengthened in Holiness

HABIT OF DAILY READING

“Then your hearts will be strong, blameless, and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.” - 1 Thessalonians 3:13 (ISV)

HABIT FOCUS OF THE DAY

Paul reminds us that holiness is not powered by trying harder but by hearts strengthened by God’s Spirit. On Sunday, we learned that: “Bad habits don’t just break by willpower. They break when your heart is strengthened by God.” A Holy lifestyle is not created by merely following a checklist of rules to keep, leading to legalism or perfectionism—it’s about allowing God to strengthen your inner life so that your daily habits align with His purposes. When your heart is strong, compromise loses its power, and your life shines bright as a blameless testimony in the Lord. Holy habits help your heart stay strong when you are tempted or put to the test. Paul prayed to God that the Thessalonians remain strong, blameless, and holy—not just emotionally strong, but more importantly, spiritually-empowered to make godly decisions every day. When the world makes business deals and strategizes their success, greed and opportunistic ways can take over their hearts and minds, with integrity falling to the wayside. A believer’s heart that is focused on God’s holiness won’t change when culture shifts, even when challenges or obstacles arise. Transformation is not solely about changing our outward behavior; it’s about growing up spiritually and becoming mature and integral, like our Messiah. We want to be blameless and live lives that are ready for His return. God is not expecting us to live faultless lives in our own strength; instead, He wants us to allow the sanctifying work of His Spirit to do the “heavy lifting,” which makes us holy from the inside out. It’s not about avoiding the world around us that makes us holy; it’s about how much we choose to be like Jesus in the world God created.

Here are three holy habits tied to the three virtues of 1 Thessalonians 3:13:

Habit of Heart Strengthening – Fortify Your Inner Life with God’s Presence

Let your spiritual strength grow through daily time in the Word and prayer.

Example: Start your morning by declaring truth over your heart: “I am being made holy by God’s Spirit.”

Habit of Pursuing Blameless Living – Let Integrity Be Your Guiding Light

Live above reproach in both private and public spaces.

Example: Examine your conscience at the end of each day—what needs confessing or adjusting?

Habit of Preparing for His Return – Live Every Day with Eternity in Mind

Holiness today prepares you for the Messiah’s return tomorrow.

Example: Write out how you would live differently if you knew He was returning this week.

UNHEALTHY HABIT TO BREAK

Break the habit of letting unhealthy cycles drain your strength. We learned that “trials don’t create your habits—they reveal them.” If compromise keeps surfacing in moments of stress, it’s time to stop excusing it and let God uproot it. Holiness is preventive—it protects you from future bondage by breaking cycles today.

UNRECOGNIZED HABIT TO NOTICE

Don't let hidden patterns drain your spiritual power and rob you of joy. Notice the subtle patterns that creep in when your guard is down—negative self-talk, procrastination, or “just once” thinking. On Sunday, we compared dilemma to having too many apps open, draining the battery of joy. These hidden drains weaken your spiritual stamina. ***Recognize and write down the areas where you've allowed compromise or distraction to misguide your focus, rob you of joy, and disrupt your determination to live holy.***

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BUILDING THE HABIT OF PRAYER

“Abba Father, strengthen my heart by Your Holy Spirit. Strengthen me to walk in holiness without shame or compromise, and set me apart to live in Your holiness and presence every day. Prepare me to face my fears, use my faith, and overcome every obstacle or challenge that tries to drain my joy, so that I will be able to stand blameless in Your presence when the Messiah returns. In the name of Jesus, Yeshua the Messiah, Amen.”

Write down three areas in your life that need to be strengthened in holiness:

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DEVELOPING THE HABIT OF DEVOTION

Reflect & Write:

- *What does a strong heart look like in daily life?*
 - *In what areas have you let your spiritual guard down?*
 - *How can you live today as if the Messiah were coming tomorrow?*
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Personal Application:

Write out one bold step you can take today toward living a blameless life—not to earn God's love, but to reflect His holiness.

Write down how you can strengthen your heart in holiness for the week ahead:

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HOLY HABITS IN ACTION

Paul prayed that our hearts would be “blameless and holy.” Holiness isn’t a set of rigid rules or merely a religious duty—it’s vibrant and full of life-giving power that reshapes how you love, how we lead, and how we live. Start your day right by strengthening your spiritual focus and heart’s aim—prioritize these special prayer moments alone in the very presence of God—experiencing His Shekinah glory, and all-encompassing love and affection.

Practice daily self-reflection and mindful moments of meditating on God’s Word, especially what you’ve read this morning from Paul’s living letter of encouragement—not in shame or anxiousness, but in sweet surrender as you yield to the Holy Spirit’s supernatural strength. Holiness grows within us when we confess our faults and frailties, repent of our past regrets and rebellion, and realign ourselves with God’s purpose and plan every day.

As you live each day with Messiah’s return in mind, you’ll notice your choices change. You’ll think less about what you can get away with and more about what brings God glory. Holiness becomes a joy, not a burden. It becomes your way of life, not just a religious duty.

*Paul’s prayer shows that holiness flows from hearts fortified by God’s Spirit, not from our striving. On Sunday, we said, “Habits shape your character. Habits guard your witness. Holiness is habit-driven.” That’s why breaking unhealthy habits is not just about freedom for today—it’s about building integrity that lasts until the Messiah returns. **Today, we want to have “Hearts Strengthened in Holiness.”***

Write down the new habits you will begin or old habits you’ll break to restore wholeness:

HOW TODAY’S HABIT WILL AFFECT:

SPIRIT (Refreshing the Inner Man): *God’s Spirit will renew your strength, giving courage to resist temptation, refuel your source of joy, and live a life of holiness.*

SOUL (Renewing of Mind, Emotions, & Will): *Your mindset will shift from excuses to endurance, producing joy and clarity of vision for your future.*

BODY (Retraining Your Daily Priorities): *Your visible choices—words, actions, relationships—will reflect holiness rooted in integrity as the Spirit guides your life.*



Day 20: Weekly Reflection

WEEK THREE: Breaking Unhealthy Habits:

Breaking the Cycles That's Trying to Break Your Life

Theme Verses: 1 Thessalonians 5:23 and 1 Thessalonians 3:1-13

DAY 15: Monday – Standing Firm in Trials

Stability Check: Where did you feel the greatest pressure or spiritual test this week, and how did you respond with faith instead of fear? What helped you stay grounded?

DAY 16: Tuesday – Encouraged by Faith

Faith Builders: Who did God use to strengthen or lift your faith this week? How can you become a source of encouragement for someone who feels weak or weary in their walk?

DAY 17: Wednesday – Joy that Fuels Endurance

Joy Refuel: When did you feel tempted to give up or lose hope this week—and how did joy give you strength to press on? What can you do to keep joy at the center of your journey?

DAY 18: Thursday – Overflowing in Love

Love Overflow: Where did you notice an opportunity to love someone beyond your normal capacity this week? What did you learn about how God's love works through you?

DAY 19: Friday – Hearts Strengthened in Holiness

Holiness Habit: What part of your heart is God strengthening and setting apart this week? What one area of your life needs to reflect greater purity, discipline, or devotion?

DAY 20: Saturday – Weekly Reflection - Breaking the Cycles, Strengthening Hearts

Cycle Breaker: What habit is God asking you to break, and what holy habit is He calling you to build? Write them down and pray for the Spirit's strength to live them out each day.

HOLY HABITS THAT LEAD TO WHOLENESS

HOLY *Habits* SERIES

ABOUT THE AUTHOR

Rabbi Brian Bileci has spent 39 years faithfully shepherding and discipling believers to know their Messiah and walk in the fullness of their faith. With a passion for restoring the Jewish and Hebraic roots of the gospel, he equips followers of Jesus to live with greater understanding, boldness, and purpose in their spiritual journey.



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