

Healthy Habits
Pt. 1, Encounter God
Pastor TW Norman
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1 Timothy 4:7-8 (NIV) “Train (discipline) yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

Train: “Spiritual Sweat”

Key Quote: Healthy Disciples don’t drift into health; they decide into it...

James 4:8 (NIV) “Draw near to God and He will draw near to you.”

Truth: Encountering God is not ONLY an event we attend, it’s a relationship we cultivate.”

1. A Healthy Disciple Prioritizes the Presence of God

Matthew 6:33 (NIV) “Seek first the Kingdom of God and His righteousness and all these things will be added to you.”

*What we put first determines what grows strongest:

Quote: “If Encountering God is optional, your spiritual health will always be fragile.”

2. We Encounter God Together Through the Local Church

Hebrews 10:24-25 (NIV) “And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Luke 4:16 (NIV) “He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read.”

Listen: Church isn’t a box to check, it’s a rhythm that recalibrates our hearts

Hear Me: Attending Church doesn’t make you a Christian, but it does help shape you into a healthier one

MEN: What you value, your children will carry...

3. We Encounter God Through Personal Daily Devotion

Matthew 6:6 (NIV) “But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”

Mark 1:35 (NIV) “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Core disciplines of Personal Devotion:

- a) Bible Reading: God speaks to you through His Word
- b) Prayer: communion and communication with God
- c) Worship: is continual alignment and acknowledgment of God’s place in your life

4. Encounter Leads to Transformation

2 Cor. 3:18 (NASB) “But we all, with unveiled faces, looking as in a mirror at the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit

Call to Action:

- a) Make church a priority not an afterthought
- b) Commit to daily time with God, even if it’s brief
- c) Decide that Encountering God is essential NOT optional

Healthy habits don’t earn God’s Love, but they position us to experience the fullness of it.