



BIBLE STUDY SERIES

Week 4: Healthy Habits and Self-Control

A Journey To Better Health Through Biblical Stewardship

Believer, remember you are never alone, especially when obeying God.

Galatians 5:22-23, John 14:26, 16:13, Philippians 2:13, Isaiah 30:21

You have God's Active Guidance.

A health habit is formed the same way any habit is formed, but with **higher intention**, because your body is the temple God entrusted to you. When you center habit formation on health, the process becomes spiritual, physical, emotional, and behavioral all at once.

A new **health habit** forms when you consistently repeat a small, life-giving behavior in response to a clear cue until it becomes automatic and worshipful.

1. A Spiritual Why: Health habits begin with purpose

1 Corinthians 6:19-20

Every believer needs a **God-centered why**: A spiritual why gives the habit **weight**, **meaning**, and **staying power**.

- "I want strength to serve."
- "I want energy to fulfill my calling."
- "I want longevity to bless my family."
- "I want to honor God with my body."

2. A Clear Cue: Something that tells your body 'Start now'

Health habits thrive on predictable triggers: Without a cue, the habit never begins.

- **Time:** 6 AM → stretch or walk
- **Place:** kitchen → drink water
- **Emotion:** stress → breathe instead of eating
- **Action:** finish dinner → take a 10-minute walk



3. A Small, Repeatable Health Action

Hebrews 11:6: Diligently

Start tiny. Tiny becomes automatic. Automatically becomes A lifestyle. Small actions create big health transformations.

- Drink one glass of water when you wake up
- Stretch for 3 minutes before bed
- Walk for 10 minutes after lunch
- Eat one piece of fruit daily
- Pray while breathing deeply for 60 seconds

4. A Reward: Something that reinforces the behavior

Your brain needs a “yes” moment. Reward makes the habit desirable.

Health rewards can be:

- Feeling calmer
- Breathing easier
- Sleeping better
- Checking off a box
- Noticing increased energy
- Sensing God’s pleasure in your stewardship

5. Environment: Make the healthy choice the easy choice

Health habits depend on surroundings. Environment shapes behavior more than motivation.

- Put water on the nightstand
- Keep fruit visible
- Lay out walking shoes
- Remove junk food from easy reach
- Keep vitamins where you will see them



6. Community: Health grows stronger with support

People change faster when they are not alone. Community creates accountability and celebration.

- A walking partner
- A spouse who encourages
- A group challenge
- A church health ministry
- A trainer or coach

7. Consistency: Repetition builds the groove

Health habits become automatic in **30 to 90 days**, depending on:

- Difficulty
- Frequency
- Emotional resistance
- Environment

Consistency beats intensity every time.

8. Grace: Missed days do not break the habit

Health habits collapse when people feel shame. They grow when people feel grace.

The key is simple:

Don't quit. Restart.