



# **HABITS** **OF THE HEART**

**WEEK 7**

Good morning, church family!

Today, we continue our series on “Habits of the Heart,” and this week, we’re bringing it closer to home.



## HABITS OF THE HOME

The home is where the heart is, and if our hearts are centered on Christ, then our homes should reflect that. Our focus today is on how we can cultivate Christ-centered habits in our homes that will impact not just our lives but also the next generation.

Far too many parents talk about their faith and DON'T live it. The largest indicator of a Teenagers continuance in the faith is with parents who live out their faith in their everyday life.

Proverbs 22:6 (NLT)

Direct your children onto the right path, and when they are older, they will not leave it.

Direct - ḥānaḳ - ḥnk - To Train up, To Dedicate

### 1. Faith is Better Caught Than Taught

Disney Story - Light Sabers - Underage Levi

We were faced with a dilemma where the “easy way” would have involved a little white lie. But we decided we wouldn't lie to get what we wanted, even if it seemed harmless. That decision wasn't just about that moment—it was about the kind of habits we were modeling for our kids.

Our kids won't become what we demand,  
They'll become what we display!



Consider the first two sins in the Bible: they happened in the home—Adam and Eve, then Cain and Abel. Adam blamed his wife for his sin, and Cain blamed his brother for his troubles. This blame-shifting became a habit passed down from one generation to the next. Likewise, if our kids see us making excuses instead of taking responsibility for our faith, they will follow suit

Exodus 34:6–7 (NKJV)

And the Lord passed before him and proclaimed, “The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation.”

Deuteronomy 6:4–9 (NLT)

Listen, O Israel! The LORD is our God, the LORD alone. And you must love the LORD your God with all your heart, all your soul, and all your strength. 6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.

Make faith visible in your home. Use everyday moments—like bedtime, meals, and even car rides—to talk about God, pray, and share what He's doing in your life. Keep a list of answered prayers on the refrigerator door.



## 2. What You Make Optional, They Will Make Expendable

If we want our kids to value their faith, we have to show them that it's a priority in our own lives.

A study from the Harvard School of Public Health found that families who regularly attend church together are more likely to have stronger relationships and more stability. Children from these families are 33% less likely to engage in risky behaviors, such as substance abuse and premarital sex.

We need to DEDICATE our homes...As Joshua declared,

Joshua 24:15b

"As for me and my house, we will serve the Lord!"

Make that same commitment today. Make church attendance and spiritual growth non-negotiable in your home. Let your children see that your faith isn't just a Sunday ritual but a daily pursuit.

Reading Bible

Ephesians 6:4 (NLT)

Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

There is a less than 1% chance that your child will play professional sports ..... but there is 100% certainty that they will stand before God one day... your investment into their spiritual life matters!

100%



vs



less than 1%

Mark 8:34-37 (NLT)

Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?"

Commit to building a Christ-centered home. Don't just be Sunday Christians. Live out your faith daily, PRIORITIZING the things of faith.

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## 3. Find Any Reason to Pray With Your Family

According to a study by the Barna Group, families who pray together, read the Bible together, and engage in spiritual discussions have better emotional and relational health. In fact, 85% of children who regularly participated in family devotions reported feeling closer to their parents.

Prayer for Tio Pedro

Philippians 4:6-7 (NKJV)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

1 Thessalonians 5:17 (NLT)

Never stop praying.



Find any excuse to pray with your spouse and kids!

you may find this weird....WHY? If you only knew the power..

A study by the University of Texas at San Antonio found that while 50% of first marriages end in divorce and 78% of second marriages do too, less than 1% of couples who pray together daily end their marriages. This shows the incredible impact of prayer and Christ-centered habits in the home.

If you are here today and you do not know Jesus.....

*O* hana  
means  
family



