

**BUILDING HOLY HABITS NOTES**

**Timothy 4:7–8 “Have nothing to do with godless myths and old wives’ tales; rather, train 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.”**

- **We don’t drift into spiritual strength—we train for it.**
- **No one accidentally becomes spiritually strong.**

**I. SPIRITUAL DISCIPLINE, POSITIONS US FOR SPIRITUAL POWER.**

**II. PRAYER IS OUR DAILY CONNECTION TO POWER.**

**NOTES:** \_\_\_\_\_  
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**III. THE WORD — IS OUR FOUNDATION FOR TRUTH.**

**IV. FASTING, IS STRENGTH THROUGH SURRENDER.**

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**V. WORSHIP — A LIFESTYLE, NOT JUST A SONG.**

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If you want:

- More power → it's built through prayer
- More stability → it's built through the Word
- More breakthrough → it's built through fasting
- Don't wait for a moment—build a lifestyle.

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