

HABIT Journal



Part 1 - Growing Good Habits

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1-2

Adapted from Purpose Driven Youth Ministry by Doug Fields and <https://blog.downloadyouthministry.com/new-take-on-habits-getting-students-to-grow-on-their-own/>

All scripture references are from HCSB translation.

Habits

As Christians we focus a lot on growth. Growth is important. We need to be growing in a positive way over time. We want our relationship with God to grow strong. We certainly want to follow Jesus' example of *growing in wisdom and stature, and in favor with God and man.* (Luke 2:52)

It is easy to measure growing on the outside, but it is harder to measure the growing that happens on the inside. Growing our love, compassion, joy, faith, wisdom,... There are many ways to grow as followers of Christ and children of God.

When you grow on the inside you will change how you behave on the outside. List some examples that show positive growing. (Maybe being kinder when I speak to my family, being patient, not rude.) _____

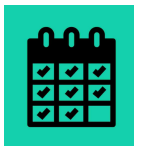
When we spend time with God, His Power can help us to be more like Him. His Spirit teaches and helps us behave in good ways. Those are called the fruit of the spirit. They are _____, _____, _____,

_____, _____, _____, _____ and

self-control. Galatians 5:22-23

We want to focus on a few ways during our journal time. We will explore how to develop consistent spiritual-growth habits.

P. 1



A dictionary defines a habit as a *settled tendency or usual manner of behavior or an acquired mode of behavior that has become nearly or completely involuntary.*

What are some good habits that you have in your life? Some habits could include making your bed and drinking a glass of water before bed.

We can develop good habits by establishing positive behaviors in our life and repeating those behaviors until it is natural to do. We will offer 6 Habits that we want to practice.

1. Hang time with God. This one is easy because you are doing it right now! We have consistent time with God through prayer and Bible reading.
2. Accountability with other believers.
3. Bible memorization.
4. Involvement with the church body.
5. Telling your story.
6. Serving others.



Hang time with God

It is important for us to spend time with God by praying and studying scriptures. Jesus would spend time alone with God in prayer as we read in the book of Luke.

But Jesus often withdrew to lonely places and prayed.
(Luke 5:16)

From the book of Luke, we also know that Jesus visited the temple and knew the scriptures. Jesus loved God and wanted to understand His requirements. Now we have the amazing gift of having the life in Jesus and his followers included in our Bible

Peter was a disciple of Christ and his writings are included in the New Testament. He said that they were sharing the prophetic message as something completely reliable.

Read 2 Peter 1:19-2. Do you think the people who are described in the Bible as prophets were like you and me?

our guide book for daily living

2 Timothy 3:14-17

The Holy Scriptures can make “you wise for salvation through faith in Christ Jesus”. (2 Timothy 3:15) The Bible has been described as our guide book for daily living.



Read 2 Timothy 3:14-17.

According to verse 15 what are the Holy Scriptures able to do?

The Holy Scriptures can make “you _____.”

What are the ways the scripture is useful for according to verse 16?

According to verse 17 what should the servant of God be thoroughly equipped to do?

Scripture is amazing because much of it shows us how awesome God is.

Want to know more about God? *Check out these verses.*

- He is the Creator of the heavens and earth, therefore nature testifies to His existence (Rom. 1:20)
- The LORD God is the Creator of human beings. The LORD God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. (Gen. 2:7)
- He is our Perfect Heavenly Father (Matthew 5:48)
- God is a righteous judge (Psa. 7:11),
- He has entrusted all judgment to the Son (Jn. 5:22).
- He is One.(1 Sam.2:2, Deut. 6:4, [1 Cor. 8:6](#), Gal. 3:20, Isa. 45:18)



- He is Everlasting and does not become tired or weary, and His understanding we cannot comprehend (Isa. 40:28).
- He blesses us with “every good and perfect gift” (Jas. 1:17-18)
- The LORD is described as the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished. (Ex. 34:6-7a)
- God wants all people to be saved and come to the knowledge of the truth. (1 Tim. 2:4)

After you read the verses:

1. Circle one of the verses from the list that had a fact you didn't know about God.
2. Then, write below why knowing this fact is important. What does it tell you about who God is and your relationship to him?

Your Turn

1. Describe your current 'hang time with God.' Rate yourself on a scale of 1-5 for each of the following:
 - I consistently make time for prayer.
(Never) 1 2 3 4 5 (Daily)
 - I consistently spend time reading and studying God's word.
(Never) 1 2 3 4 5 (Daily)
2. How could you strengthen your 'Hang time with God'? What could you do to help your habit of spending time with God grow?



HABIT Journal



Part 2 - Growing Good Habits

*Therefore be imitators of God, as beloved children.
Ephesians 5:1*

Let's Review! - HABITS

Last month, we focused on what habits are and why we should build good habits. Habits are consistent actions we do every day, week, or month. We can have good habits, like exercise, going to bed early, and brushing our teeth. We can also have bad habits, like playing too many video games, not doing our homework, and not doing our chores.

Some of our habits are related to our physical well being, our education, and our families. But, we can also build habits related to our spiritual well being.

Here are 6 H.A.B.I.T.S. that can help us to grow spiritually:

1. Hang time with God.
2. Accountability with other believers.
3. Bible memorization.
4. Invovement with the church body.
5. Telling your story.
6. Serving others.



HABIT

Habit 1: Hang time with God

Hang time with God was the focus of our first journal.

Why is it important to spend time in praying and reading our Bibles?

How have you worked to create this habit in your life?
How do you want to improve this habit in your life?

Habit 3: Bible Memorization

We're skipping around - but that's okay! Hang time with God helps us to know God better. It allows us to grow based on our knowledge of the scripture. One way we can add to our hang time with God is by memorizing scripture.

Read Matthew 4:1-11. How does Jesus respond to each of Satan's temptations?

Circle one verse below that you would like to memorize in the next week:

2 Timothy 3:16-17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

John 14:6

Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me."

Ephesians 2:8-9

For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast.

Romans 10:9

That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved.

James 1:5

But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.



Habit 2: Accountability with other believers.

The second habit is accountability with other believers. Accountability means having someone to check in with about your successes and failures.

Why is accountability important for your spiritual life?

Read Hebrews 10:24-25:

24 "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."

What should be the focus of our time when we meet together with our church body - aka other Christians?



Habit 4: Involvement with the Church Body

Accountability with other believers keeps us on the right course. It helps to make sure we are living according to God's word. One way we can find people to hold us accountable is by being involved in the church body.

Let's go back to Hebrews 10:24-25. Underline the first 5 words of verse 25.

The author of Hebrews was convinced that meeting together as a church was crucial for the believers' spiritual growth. They knew that meeting together was important.

List 3 benefits of being involved in your church:

1. _____
2. _____
3. _____

Habit 4: Telling your Story

We all have a story to tell about our lives and how we came to know God. This story is called our testimony. When people talk about their testimony, they are talking about how the gospel saved them and how the gospel continues to change their lives.

Paul shares his testimony in Acts 26:1-23. Read this testimony. What do you notice about Paul's testimony? How could reading this testimony help to encourage or inspire other believers?

Do you think it's important to share your testimony with other believers now? What might others gain from learning your testimony?

Write a short 3-4 sentence testimony below. Talk about (1) when you first learned about God, (2) how that changed you, and (3) how it continues to change you.

Habit 6: Serving others

Our last habit is serving others. Let's look back at Paul's letters to see how his testimony helped to inspire him to serve others.

Read Colossians 2:1-7. What does Paul labor (or contend) for?

Service includes helping others to meet their spiritual, emotional, and physical needs. Sometimes this may look like offering someone a meal or a cold drink. At other times, it may look like listening to someone going through a hard time and encouraging them. And at other times, it may look like pointing others back to God and scripture.

How can you serve others around you this week? List one way.

Let's grow good H.A.B.I.T.S. this year!