

REBUILDING LIFE-GIVING HABITS

PRECEPT

1 Timothy 4:7-8

⁷...Train yourself for godliness! ⁸While physical training has some value, godliness is valuable in every way. It holds promise for the present life and for the life to come.

PROMISE

Most habits don't begin as deliberate decisions; they start as unconscious reactions. A trigger is something that happens, setting the habit in motion. Triggers are not sinful; they're part of being human. Then we do something—a response—to cope, escape, or feel better. At first, it feels small and harmless; it feels normal. Then the habit starts to stick. The habit gives us something, a reward—at least temporarily. So the habit gets reinforced, and that's how habits get wired, and what gets rewarded gets repeated. That's when a choice becomes a habit because habits are formed not by intensity, but by repetition.

If habits shape our lives, then God cares deeply about the habits we are forming. God doesn't just care about what we believe—He cares about how we live. He doesn't just look at our intentions—He looks at our patterns because patterns reveal direction, and direction determines destination.

Paul said to train, which implies intention, discipline over time, and training; not about intensity, but about consistency. You don't train once; you train repeatedly. For godliness, a life set apart and aligned with God. Godliness grows the same way strength grows, and through training. Train your soul the same way you train your body, not harder but consistently. Godly habits are not just about heaven someday. Training in godliness pays off now—and forever. So make sure what you are doing today contributes to what you'll become tomorrow. God is not calling us to perfection—He's calling us to practice, to train. This year doesn't have to be another cycle of strong starts and quick fade-outs. It can be a year of steady growth because God does extraordinary work through ordinary obedience. Small habits, practiced faithfully, will surely lead to lasting transformation in the present life and in the life to come.

PRACTICE

- 1. Reset.** What is one life-giving habit you want to start training for this year? Prayer habit? Scripture habit? Digital habit?
- 2. Habit Check.** What are bad habits from last year are you most challenged to stop doing? And how can we pray/encourage you regarding this?

PRAYER

I. Members

- Pray for our community to grow in relationship with God.

II. Life Groups

- Pray for the formation of more life groups for God's glory.

III. Circles

- Pray for the Manalo couple as they lead our young professionals and youth closer to God.

IV. West Life Groups

- Pray for these couples as they lead; Oliveros, Fabregas and Padilla.

V. North Life Groups

- Pray for these couples as they lead; Ocampo, Ico and Imperial.

VI. South Life Group

- Pray for the Drapeza couple as they lead the South group.

VII. East Life Groups

- Pray for these couples as they lead the East groups: Domingo & Torres.