

LifeGroup Study SheetJan 12th, 2025 Holy Habits – 1 Timothy 4

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

What habits can you recognize in your that are good for you? Do you think there habits you have that do not even realize are going on? Do you think some of them might be bad for you? How do you think you can help identify them?

Digging In

Question 1: Read 1 Timothy 4:1-7. Pastor Jeff started his sermon about talking through the principle of building Holy Habits. The first thing he focused on was about those habits becoming a priority. **Verse 1** says this is important because there will be so who “abandon the faith and follow deceiving spirits.” This is reiterated in **verse 7** with following “old wives’ tales and godless myths, but **TRAIN yourself to by holy.**” Why do you think Paul wants Timothy to have these habits to become such a priority in our lives? The idea of “training yourself” means there NEEDS to be some sort of discipline! How do you prioritize certain habits?

Question 2: Read 1 Timothy 4:8-12. Pastor Jeff said that developing Holy Habits continues with our passion and patterns. The first is centered around what we are passionate about! **Verse 8** says that physical training has some value, but godliness is valuable in ALL things. If godliness is valuable in all things, what sort of things do you value? Another way to say this, what are you passionate about?

Verse 12 challenges young believers to set an example in the “patterns” they setup in their life. The examples given are – speech, conduct, love, faith and purity. What are examples of any of those patterns do you have established in your life?

Question 3: Read 1 Timothy 4:10-16. The last two principles in creating Holy Habits are being Spirit powered and progress! **Verse 10** brings up the idea of laboring and striving. But the connection to that striving in linked with **verse 14**, understanding that your power comes from the spiritual gift He has given you! The Holy Spirit is the key to being changed – it gives you're the power and progress!

Any spiritual habit you want to form will be powered and grown through the Spirit of God. What spiritual habits could you identify if your life right now that you are powering through your own self-determination instead of the Spirit? How do you think you could identify this? **Verse 15 and 16** says to “give yourself wholly to them and preserve in them!” What are practical ways you can give yourself completely to these things and to persevere in these things?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?

“a behavior that has been
repeated enough times to
become automatic”



HABITS

5 designs God has for 'Holy Habits'

1. God designed 'holy habits' to be our priority
2. God designed 'holy habits' to be our passion



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5. God designed 'holy habits' to be about progress