

Stepping Into...

**“Building Healthy Habits”**



“For me, the teachings of Christ and my own personal accountability before God provide a framework in which I try to lead my life.”

# 1. Our Actions Reveal Our Character...

Psalm 105:19 NLT

<sup>19</sup> Until the time came to fulfil his dreams,  
the LORD tested Joseph's character.

## 2. Small Habits Have Big Influence

Hebrews 10:24-25 NIV

<sup>24</sup> And let us consider how we may spur one another on towards love and good deeds, <sup>25</sup> 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.

*Habit: (ethos) - characteristic spirit of a culture, era, or community manifested in attitudes & aspirations*

# 3. Jesus Formed Intentional Habits

Luke 22:39-40 NLT

<sup>39</sup> Then, accompanied by the disciples, Jesus left the upstairs room and **went as usual** to the Mount of Olives. <sup>40</sup> There he told them, “Pray that you **will not give in** to temptation.”

Luke 4:16 ESV “And he came to Nazareth, where he had been brought up. And **as was his custom**, he went to the synagogue on the Sabbath day, and he stood up to read.

Mark 10:1 ESV “...crowds gathered... And again, **as was his custom**, he taught them”

“The truth is, you don’t break a bad habit; you replace it with a good one.”

Denis Waitley (Former Chair, Psychology for  
US Olympic Committee’s, Sports Medical Council)

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# 4. Habits Have Great Power

Prov. 4:20, 23-27 ESV

<sup>20</sup> My son, **be attentive to my words...**

<sup>23</sup> Keep your heart with all vigilance, for from it flow the **springs of life.**

<sup>24</sup> Put away from you **crooked speech**, and put devious talk far from you. <sup>25</sup> Let your **eyes look directly forwards**, and your gaze be straight before you. <sup>26</sup> Ponder the **path of your feet**; then all your ways will be sure. <sup>27</sup> Do not swerve to the right or to the left; **turn your foot away from evil.**

# 5. Healthy Habits Impact Many Areas...

**BODY:** Food, Exercise, Sleep, Work Patterns

**SOUL:** How I Think (Wisdom, Humility), Identity, Emotions

**SPIRIT:** Faith in Christ, Prayer, Word, Unity, Serving, Giving

**RELATIONSHIPS:** Communication, Trust, Responsibility



“...As we mark this anniversary, it gives me pleasure to renew to you the pledge I gave in 1947 “that my life will always be devoted to your service”...”

Queen Elizabeth II, *Platinum Jubilee 2022*

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