



Lesson 7 — Developing Godly Habits

1 Timothy 4:7–10 · Luke 22:39–46 · John 18:2–4

Name _____

Date _____

You build a habit on ordinary nights, so it's there on the hard one.

Follow Along

1. A habit is what you do without having to _____ it again.
2. 1 Timothy 4:7 — train is the word our English _____ comes from.
3. A rule says don't. Training builds something, one _____ at a time.
4. 1 Timothy 4:8 — limited benefit literally means good for a _____.
5. 1 Timothy 3:16 — the pattern for a godly life is a _____.
6. 1 Timothy 4:10 — the training runs on _____.
7. Luke 22:39 — as usual is the phrase for a _____, the thing you always do.
8. Luke 22:32 — Peter's prayers gave out that night. Jesus' _____ for Peter held.
9. Hebrews 10:25 — habit is Luke's word for as usual, pointed the other _____.

Three Ways to Hold a Habit

THE RULE

1 Timothy 4:3. It says don't, and that's all it can do.

THE RÉSUMÉ

Luke 18:12. Good habits turned into a list to show God.

THE TRAINING

1 Timothy 4:7. It builds something, and it runs on hope.

As Usual

Read each line, then write what it shows about the habit.

THE WORDS

WHAT IT SHOWS

Luke 4:16

As usual, he entered the synagogue

Luke 22:39

made his way as usual to the Mount of Olives

Luke 22:45

sleeping, exhausted from their grief

John 18:2

Judas ... also knew the place

The Other Habit

And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, Hebrews 10:24–25.

Which habit has been building in you on Sundays lately, showing up or staying home? Who would notice if your seat were empty?

Back to the Chair

Four questions to take home. Answer the ones you would not say out loud.

1 Where is your place to meet with God? How long has the chair been empty?

2 The training runs on hope, 1 Timothy 4:10. Which of your habits has started to feel like a receipt you show God?

3 The disciples got to the right place and slept. Where are you in the right place but not doing what you came to do?

4 What is one ten-minute habit small enough that you would actually keep it every day this week?

Two Things Before Sunday

- ☐ Pick one place and one time for prayer and Scripture, and keep them every day this week. Read Luke 22:39–46 there on the first morning. If you miss a day, go back to the place the next morning.
- ☐ Read Psalm 42 and Habakkuk 3:17–19 before next class. In Habakkuk, count the things that fail, and watch for the animal that shows up in both passages.