



A 5-WEEK SERMON SERIES

HEALTHY *Things* GROW

GOD TRANSFORMS US FROM THE INSIDE OUT.

BEFORE GOD CHANGES WHAT IS AROUND US, HE BEGINS BY CHANGING WHAT IS WITHIN US.

Keep thy heart with all diligence; for out of it are the issues of life.
PROVERBS 4:23

 WEEK 1 GUARD YOUR HEART PROVERBS 4:20-27	 WEEK 2 HEALTHY RELATIONSHIPS EPHESIANS 4:25-32	 WEEK 3 HEALTHY MINDS ROMANS 12:1-2	 WEEK 4 HEALTHY HABITS JOHN 15:1-11	 WEEK 5 THE FRUIT OF A HEALTHY LIFE GALATIANS 5:22-25
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HEALTHY HABITS

JOHN 15:1-11

HEALTHY HABITS KEEP US CONNECTED TO CHRIST SO HIS LIFE CAN FORM US

Pastor Travis M. Tullis

Week 4: Healthy Habits

ABIDE IN CHRIST • BE FORMED • BEAR FRUIT

BIG IDEA

Healthy habits keep us connected to Christ so that His life can form His character in us and produce fruit through us.

Governing Scripture

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." — John 15:5 (KJV)

The Movement of Formation

Healthy spiritual habits do not earn God's love. They create intentional space for us to remain open to His transforming work. Jesus does not tell the branch to manufacture fruit. He tells the branch to abide.

THIS WEEK'S FRAMEWORK

CONNECTED → FORMED → FRUITFUL → MULTIPLYING

This Week's Movements

- 1 Stay connected to Christ.
- 2 Practice habits that create space for spiritual formation.
- 3 Let service form Christlike character, not entitlement.
- 4 Measure maturity by fruit, not merely function or longevity.
- 5 Move from Contributor → Connector → Multiplier.
- 6 Help somebody else grow.

Sunday Message Notes

LISTEN FOR WHAT GOD IS REVEALING, CORRECTING, AND CALLING YOU TO DO

Key Lines

- Jesus does not tell us to manufacture fruit. He tells us: “Abide in me.”
- Healthy habits create space for God to form us.
- God is not only using you to accomplish the assignment; He wants to use the assignment to form you.
- Function tells us whether the assignment was completed. Fruit reveals what Christ is forming within us.
- Longevity is not the same as maturity.
- Healthy fruit contains seed. Healthy fruit does not end with us.

What the Holy Spirit Is Saying to Me

My Immediate Response

Monday: Stay Connected

READ John 15:1-5

TODAY'S TRUTH

Spiritual fruit grows from connection to Christ, not from religious activity alone.

Reflect

Jesus identifies Himself as the true Vine and us as the branches. A branch has no independent life. Activity can look impressive while the soul is disconnected. Abiding means living in conscious dependence upon Christ and receiving our strength, direction, and identity from Him.

Heart Check

Where have I confused doing things for Jesus with being close to Jesus?

What usually causes me to drift from conscious dependence upon Christ?

Pray

Lord Jesus, keep me close to You. Teach me to receive my life from You before I try to produce anything for You.

My One Faithful Step

Tuesday: Pruned for More Fruit

READ John 15:2-3; Hebrews 12:10-11

TODAY'S TRUTH

God's pruning is purposeful. He removes what hinders fruitfulness so that healthy growth can continue.

Reflect

Pruning is not punishment for being useless; in John 15, the fruitful branch is pruned so it can bear more fruit. God may confront attitudes, patterns, distractions, or attachments that have become normal to us. Healthy disciples remain teachable when God cuts away what no longer serves His purpose.

Heart Check

What might God be pruning from my life in this season?

Am I resisting correction because I have confused comfort with health?

Pray

Father, make me teachable. Give me grace to release whatever You are removing so that my life can bear more fruit.

My One Faithful Step

Wednesday: Habits Create Space for Formation

READ John 15:7-11; 1 Timothy 4:7-8

TODAY'S TRUTH

Spiritual habits do not make God love us; they keep us open to His transforming work.

Reflect

Prayer, Scripture, worship, biblical fellowship, obedience, and service are not a spiritual scorecard. They are rhythms that help us abide. Repetition is always forming something. Healthy habits make room for God's Word, God's presence, God's people, and God's correction to shape us.

Heart Check

Which spiritual rhythm is strongest in my life right now?

Which rhythm has become inconsistent, rushed, or mechanical?

Pray

Holy Spirit, form healthy rhythms in me. Make my practices intentional, genuine, and consistent.

My One Faithful Step

Thursday: Let Service Form You

READ Mark 10:42-45; Philippians 2:3-8

TODAY'S TRUTH

Service is not only something God does through us; it is also a place where God forms us.

Reflect

An assignment can form humility or entitlement, faithfulness or territorialism, dependence on Christ or confidence in ourselves. We can complete the task and still miss the formation. Mature service looks increasingly like Jesus: humble, teachable, faithful, loving, and willing to serve without needing control or credit.

Heart Check

What has my current assignment been revealing about my heart?

Is serving making me more humble and teachable—or more territorial and entitled?

Pray

Jesus, use every assignment to form Your character in me. Teach me to serve without needing control, credit, or recognition.

My One Faithful Step

Friday: Look for Fruit

READ John 15:8; Galatians 5:22-23

TODAY'S TRUTH

The evidence of healthy habits is not merely completed work; it is the character of Christ becoming visible.

Reflect

Function asks whether the assignment was completed. Fruit asks what kind of person is being formed while the assignment is completed. Years of activity do not automatically equal maturity. Jesus calls us to bear fruit that glorifies the Father.

Heart Check

Where is the character of Christ becoming more visible in me?

Where does my character still need to catch up with my church activity?

Pray

Father, be glorified by the fruit of my life. Make the character of Jesus increasingly visible in me.

My One Faithful Step

Saturday: Healthy Fruit Contains Seed

READ 2 Timothy 2:2; Ephesians 4:11-16

TODAY'S TRUTH

Healthy maturity moves beyond doing the work ourselves and begins helping somebody else grow.

Reflect

Fruit carries seed. In the same way, healthy disciples reproduce. We move from Contributor to Connector to Multiplier: serving faithfully, welcoming and connecting others, then intentionally developing people who can serve and disciple others.

Heart Check

Who am I intentionally helping grow right now?

What would it look like for me to move from contributor to connector or multiplier?

Pray

Lord, do not let the fruit stop with me. Use what You are forming in me to help somebody else become more like Jesus.

My One Faithful Step

Weekly Habit Inventory

NOTICE WHAT IS FORMING YOU - THEN CHOOSE WHAT HELPS YOU ABIDE

1. What Has Been Shaping My Week?

Name the repeated routines, inputs, relationships, and reactions that have had the most influence on you.

2. Which Habits Help Me Abide?

Prayer • Scripture • Worship • Biblical Fellowship • Obedience • Service

3. Which Habit Is Working Against Formation?

What repeated pattern is making it harder to remain attentive, obedient, loving, or teachable?

4. What Needs to Be Pruned?

What distraction, attitude, routine, or attachment is God asking you to release?

5. What One Rhythm Will I Strengthen?

Choose one practice you will make intentional, genuine, and consistent this week.

Abide: Connection Check

REMAIN • RECEIVE • RESPOND • REPEAT

REMEMBER

The branch does not strain to become alive. It remains connected to the Vine.

REMAIN

Where am I intentionally making room to be with Christ?

RECEIVE

What truth, correction, strength, or direction am I receiving from Him?

RESPOND

What act of obedience is Christ asking of me?

REPEAT

What healthy rhythm will help this become a consistent pattern rather than a one-time response?

My Week 4 Growth Plan

INTENTIONAL • GENUINE • CONSISTENT

REMEMBER

Healthy habits are not a spiritual scorecard. They create space for us to remain open to Christ's transforming work.

RHYTHM	MY PERSONAL PRACTICE	MY CONNECTED PRACTICE
Prayer		
God's Word		
Worship		
Fellowship		
Obedience		
Service		

My Commitment

With God's help, the habit I will strengthen is:

The attitude or pattern I will allow God to prune is:

The person I will help grow is:

My Week 4 Declaration

I WILL ABIDE

I will not confuse activity with maturity. I will remain connected to Christ, practice rhythms that keep me open to His transforming work, and look for the fruit of His character in my life.

Prayer

Lord Jesus, keep me connected to You. Form healthy rhythms in my life that make room for Your Word, Your love, Your correction, and Your character. Do not let me confuse activity with maturity. Produce fruit in me that glorifies the Father, and use my life to help somebody else grow. In Jesus' name, amen.

My Week 4 Declaration

I will abide in Christ. I will welcome His pruning. I will practice healthy rhythms. I will let service form me. I will measure maturity by fruit, and I will help somebody else grow.

COMING UP NEXT WEEK!

WEEK 5

THE FRUIT OF A HEALTHY LIFE

GALATIANS 5:22-25