

THE PURSUIT OF HOLINESS

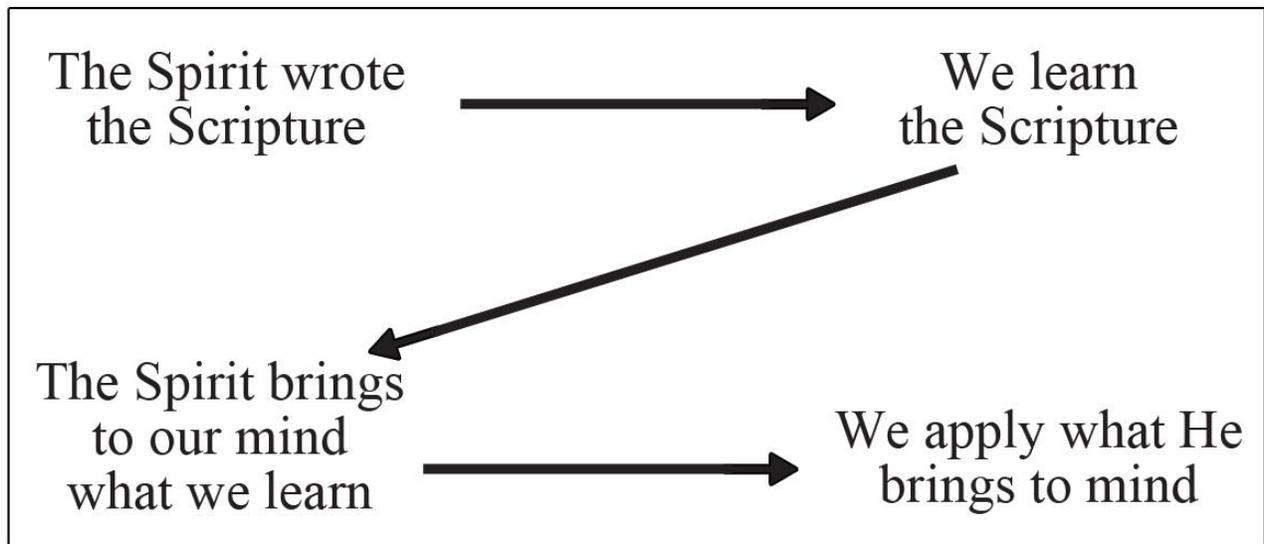
Message 8: DISCIPLINE, TRAINING, & HABITS

1 Timothy 4:7-10 (ESV)

⁷ Have nothing to do with irreverent, silly myths. Rather **train yourself for godliness**; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. ⁹ The saying is trustworthy and deserving of full acceptance. ¹⁰ For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

Training requires **discipline** and discipline requires _____.

Area 1: _____ intake



A structured _____

A structured _____

_____ ... Who do I listen to? How do I decide? How do I listen?

_____ ... Where do I begin? What connections do I see?

_____ ... What tools do I need? What about study and community?

_____ ... What is sticking with me? What am I focusing on?

_____ ... What am I specifically applying? What action steps am I taking?

_____ ... Do I have a record of revelation, struggle, victory, and progress?

Area 2: _____

A structured *time*

A structured *method*

Spiritual _____

Confession and _____

Prayers from _____

Prayers for the _____ and _____ to be holy

Romans 6:19 (ESV)

For just as you once presented your members as slaves to impurity and to lawlessness leading to more lawlessness, so now present your members as **slaves to righteousness** leading to **sanctification**.

Sanctification requires **stability** and stability comes from _____.

Some '**rules**' about **habits** and **holiness**:

- The more we _____, the more we are inclined to _____.
- _____ sin we commit reinforces the _____ of sinning and makes it easier to sin.
- _____ acts of righteousness become habits that make us _____ to sin.
- In the power of the _____ we can _____ ourselves and _____ our lives so that we develop _____ habits that enable us to put sin to _____ (Romans 8:13)

Good Habits:

1. Good habits are developed and reinforced by _____

The more I say _____ to sin, the more inclined I am to say _____.

The more I _____ in saying no, the easier it becomes to say no.

What **new godly habits** are necessary to replace my old bad habits of sin?

How long and how often will I need to repeat these actions until habits are formed?

2. To acquire new habits, never let an _____ occur!

We must watch the “just this once” type of thinking. Why?

3. Diligence in _____ is required to ensure success in _____ area.

“Without a sincere and diligent effort in every area of obedience, there will be no successful mortification of any one besetting sin.”

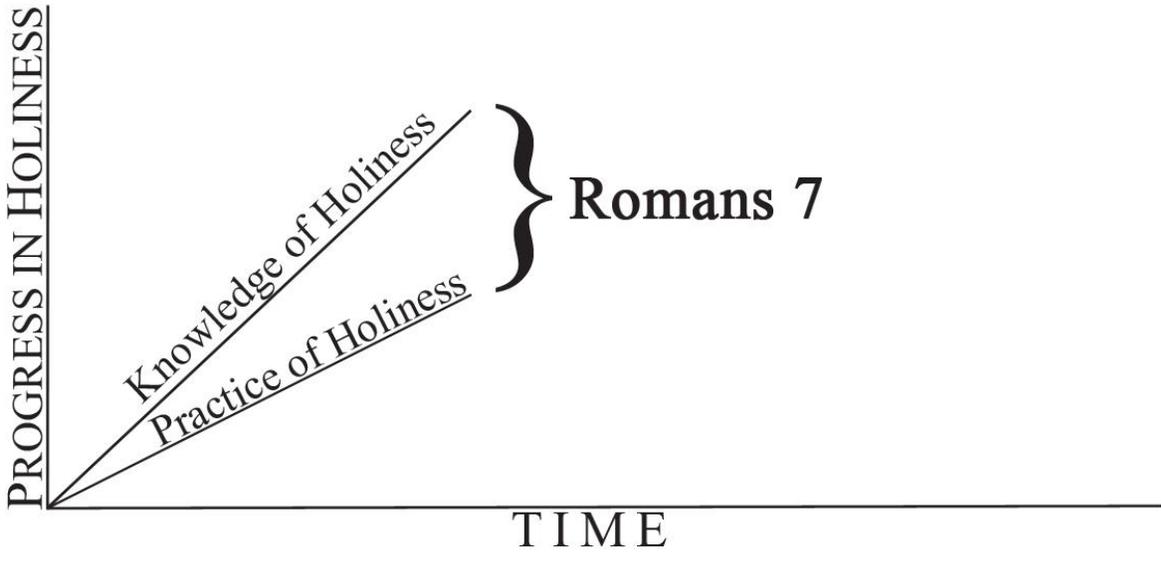
- John Owen

4. Don't be discouraged by _____.

There is a huge difference between failing and becoming a failure.

We become a failure when we ...

The goal?



Next week:

Physical Holiness