

## **Series – Good Habits With Giving Christ More in 2024, part 2**

**Message Summary:** We are going to continue our series on developing good habits to help us follow Jesus by giving Him more of our lives in 2024. Today we are going to look at developing the habit of growing...spiritually that is. Growth requires three basic things. For physical growth you must have the habit of nutrition – the habit of exercise – the habit of rest. What is often true in the physical realm is also true in the spiritual. If we want to develop the habit of spiritual growth, then we will need to develop the same three habits. We will need the spiritual habit of nutrition – the spiritual habit of exercise and the spiritual habit of rest.

# **The Habits of Growing Spiritually**

## **1. Developing the Habit of Spiritual Nutrition.**

**A. Identify your unhealthy habits.** 1 John 2:15-17

**B. Replace unhealthy habits with healthy new ones.** 1 Peter 2:2

- o **The habit of daily Bible reading.**
- o **The habit of other opportunities to grow in God's word.**
- o **The habit of thinking like a learner.**

## **2. Developing the Habit of Spiritual Exercise.**

**A. Without exercise we become spiritually weak and out of shape.**  
1 Corinthians 9:27

**B. Ways to spiritually train.** Philippians 2:12-13

- o **Grow the habit of risk more for Christ.**
- o **Grow the habit of serving.**

## **3. Developing the Habit of Rest.** Exodus 31:15

### **R.E.S.T.**

- **R – Recover**
- **E – Examine**
- **S - Sleep**
- **T - Time**

**LifeGroup QUESTIONS: *All LifeGroups start January 22<sup>nd</sup>***

OPEN IT (5min) - Share any experiences of hearing God speak to you. Share if this is a very strange or new concept to you.

EXPLORE IT (60min) – Review Sunday's sermon outline and answer the following questions:

1. How would you describe spiritual growth? How would you describe your experience with spiritual growth?
2. What is spiritual nutrition? What are some unhealthy spiritual nutrition habits we need to be aware of? What are the healthy habits of good spiritual nutrition?
3. What happens if we do not exercise spiritually? What does spiritual exercise look like? Discuss how important risk and serving are to spiritual growth. Share your own journey with this.
4. Why is rest so important for growth? Discuss each key word for the acronym R.E.S.T. Discuss your own habit of rest or lack thereof.

APPLY IT (15min) - What habit(s) are you going to work on developing so you can grow spiritually?