



BIBLICAL REFLECTIONS AND CHALLENGING CONTENT DESIGNED TO RESOURCE RELATIONAL DISCIPLESHIP

HABITS OF A LIFETIME PREACHING GUIDE

Below are the passages linked to each of the themes from “Habits of a Lifetime” to help you use this in a teaching setting. While the Proximity resource is designed to be used in small and relational environments of discipleship such as one-to-one conversations or discipleship triads, accompanying this with whole-church preaching might help to both teach further on the themes and better stimulate the discipleship conversations. To accompany the preaching, you could give out the booklets to help people reflect further on their own or in conversation with others.

THEME OVERVIEW

Following Jesus is a journey of ongoing change. Significant change in life doesn’t come easily to any of us. It demands us stepping out of old ruts and settling into new grooves. That’s about a change of habit. Down through the ages, various habits have shaped the practice of Christian faith. Each one is basic to how we are formed into the likeness of Christ. They form rhythms of devotion we need to learn to move to throughout our lives if we are not to grind to a halt, or worse still, start slipping back into ways we should have left behind long ago. Some are disciplines that shape us from within, like Bible study, prayer, worship and rest. Others are more outwardly expressed, like community, generosity, and service. As you work through this resource, may you find direction, energy, momentum and renewal in the ways of Jesus.

1/ HEALTHY HABITS

Key Focus: The lifetime journey of God shaping our character to become more like Jesus through developing healthy habits.

Key Text: Acts 2:42-47

Additional Text: Romans 12

Key Quote: “While we might focus on how *fast* things grow, God is concerned with how *well* they grow.”

2/ AN OPEN BIBLE

Key Focus: Opening the Bible regularly so that God becomes an open book to us.

Key Text: 2 Timothy 3:10-17

Additional Text: Psalm 119:97-112

Key Quote: “In a world of fake news, the Bible is the best and most reliable source of truth.”

3/ PERSISTING IN PRAYER

Key Focus: Everyday conversations with God to shape the mind of Christ in us and see the Spirit move around us.

Key Text: Matthew 6:5-15

Additional Text: Luke 11:1-13

Key Quote: “Viewing prayer as a vending machine for what we want, or an emergency hotline on speed dial when there’s something we need, is to miss the heart of prayer.”



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4/ RHYTHMS OF WORSHIP

Key Focus: Setting our affections on God in a world vying for our attention through the habit of gathering together in weekly worship.

Key Text: Romans 12:1-8

Additional Text: Psalm 100

Key Quote: “The weekly habit of setting time aside to gather with other believers helps us reset our attention on God.”

5/ CHRISTIAN COMMUNITY

Key Focus: Knowing and experiencing God’s love through sharing our lives with other believers.

Key Text: Hebrews 10:19-25

Additional Text: Ephesians 4:1-16

Key Quote: “Christian community should be a place in which we know and are known by others and experience God’s love in and through one another.”

6/ COMMITTED SERVICE

Key Focus: Developing habits of service, which both deepen our servant heart and contribute to Christ’s kingdom.

Key Text: 1 Corinthians 12:12-27

Additional Text: John 13:1-17

Key Quote: “Regardless of ability, experience or qualification, everyone is called to serve. Developing a lifestyle of committed service is more about availability than ability.”

7/ A GENEROUS SPIRIT

Key Focus: *Giving as an overflow of appreciation of all that God has given us.*

Key Text: 2 Corinthians 8:1-9

Additional Text: 1 Timothy 6:17-19

Key Quote: “We shouldn’t view what we give away as something lost to us, but as an opportunity to gladly invest more of ourselves in the kingdom of God.”

8/ WITHDRAWING TO REST

Key Focus: Embracing rest so that God can restore and prepare us for the struggles of life.

Key Text: Psalm 131

Additional Text: Matthew 11:28-30

Key Quote: “Rest is contentment in our circumstances.”