

"¹⁴But solid food is for the mature, for those who have their powers of discernment <u>trained by constant practice</u> to distinguish good from evil." (Hebrews 5:14, ESV)

1) A habit is a _____ way of doing or not doing something.

"¹⁴Do all things without grumbling or disputing," (Philippians 2:14, ESV)

Original Word: ἕθος Part of Speech: Noun, Neuter Definition: Custom, habit, manner Meaning: a custom, habit; an institute, rite. Word Origin: Derived from the Greek root ἕθω (ethō), meaning "to be accustomed" or "to be used to."

2) I need to _____ good, godly habits.

³⁹ Jesus went out <u>as usual</u> to the Mount of Olives, and his disciples followed him. ⁴⁰ On reaching the place, he said to them, "Pray that you will not fall into temptation." Luke 22:39-40 (NIV)

Recent studies suggest that it can take anywhere from <u>18 to</u> <u>254 days</u> to form a new habit, with <u>an average of around 66</u> <u>days</u>.

3) How habits help my _____.

"¹⁴But solid food is for the mature, for those who have their powers of discernment <u>trained by constant practice</u> to distinguish good from evil." (Hebrews 5:14, ESV)

4) Some good habits for me to ______.

"¹⁴And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all." (1 Thessalonians 5:14, ESV)

• _____ church attendance.

²⁵ Let us not give up meeting together, as some are in the <u>habit</u> <u>of doing</u>, but let us encourage one another--and all the more as you see the Day approaching. Hebrews 10:25 (NIV)

Actively ______ to distinguish good from evil.

"²¹but test everything; hold fast what is good." (1 Thessalonians 5:21, ESV)

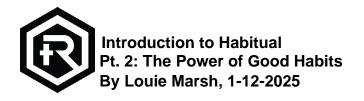
• To be _____ pure.

^{*18}Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body." (1 Corinthians 6:18–20, ESV)

• Be ______ with the Spirit not alcohol.

"¹⁸And do not get drunk with wine, for that is debauchery, but be filled with the Spirit," (Ephesians 5:18, ESV)

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