



Introduction to Habitual
Pt. 2: The Power of Good Habits
 By Louie Marsh, 1-12-2025

*“¹⁴But solid food is for the mature, for those who have their powers of discernment **trained by constant practice** 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: ἔθος
 Part of Speech: Noun, Neuter
 Definition: Custom, habit, manner
 Meaning: a custom, habit; an institute, rite.
 Word Origin: Derived from the Greek root ἔθω (ethō), meaning "to be accustomed" or "to be used to."

2) I need to _____ good, godly habits.

*³⁹ Jesus went out **as usual** 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 **18 to 254 days** to form a new habit, with **an average of around 66 days**.

3) How habits help my _____.

*“¹⁴But solid food is for the mature, for those who have their powers of discernment **trained by constant practice** 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 **habit of doing**, 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.**

“¹⁸Flee 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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