



HOLY HABITS

TRANSFORMING OUR ACTIONS

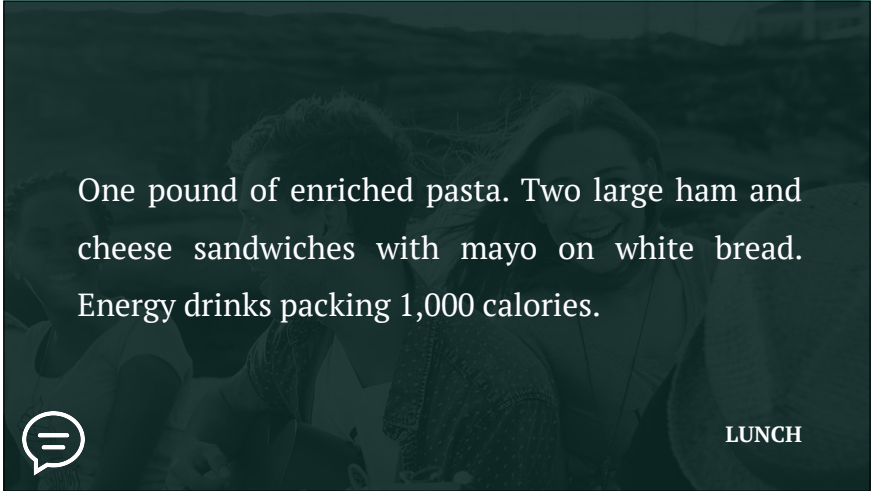
TRAINING FOR REIGNING

PERSEVERANCE, PURSUIT, PAIN AND PRIZE

Three fried-egg sandwiches loaded with cheese, lettuce, tomatoes, fried onions and mayonnaise. Two cups of coffee. One five-egg omelet. One bowl of grits. Three slices of French toast topped with powdered sugar. Three chocolate-chip pancakes.



BREAKFAST



One pound of enriched pasta. Two large ham and cheese sandwiches with mayo on white bread. Energy drinks packing 1,000 calories.



LUNCH



One pound of pasta. A large pizza. More energy drinks.



DINNER



“He's usually at the pool by 6:30 am where he swims for an average six hours a day or around 8 miles per day. He swims six days per week including holidays”

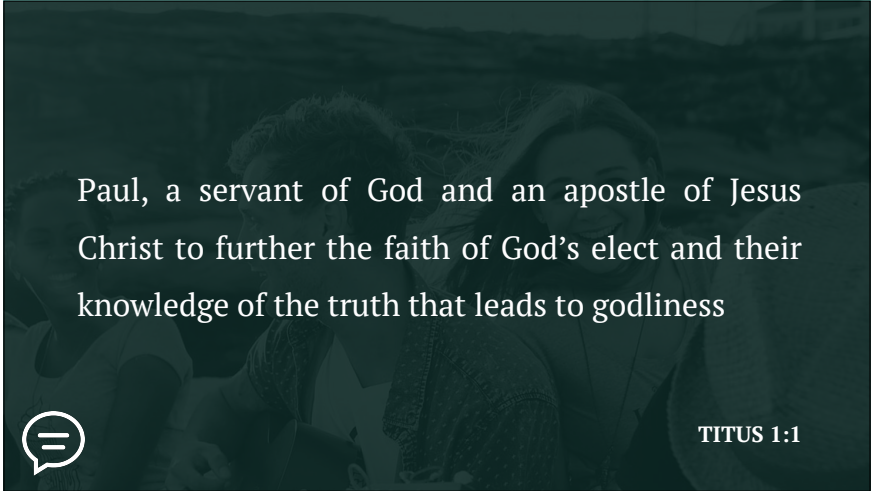
DISCOVERY FITNESS AND HEALTH

- He is the most decorated Olympian of all time, with a total of 22 medals.
- Phelps also holds the all-time records for Olympic gold medals (18) 11 for individual performance
- In the 2012 Summer Olympics in London, he won four golds and two silver medals, making him the most successful athlete of the Games for the third Olympics in a row



Godliness
is our goal





Paul, a servant of God and an apostle of Jesus
Christ to further the faith of God's elect and their
knowledge of the truth that leads to godliness

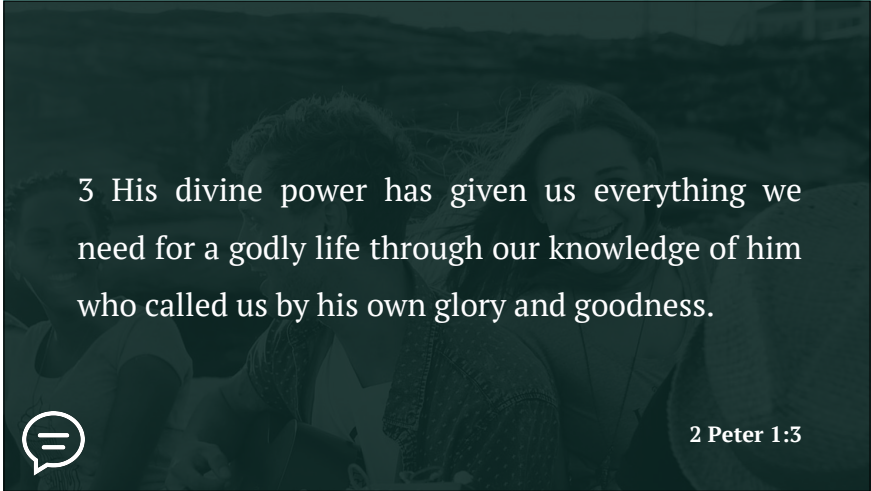


TITUS 1:1

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knowledge of the truth that leads to godliness



TITUS 1:1



3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.



2 Peter 1:3

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2 Peter 1:3

10 But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare.¹¹ Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives

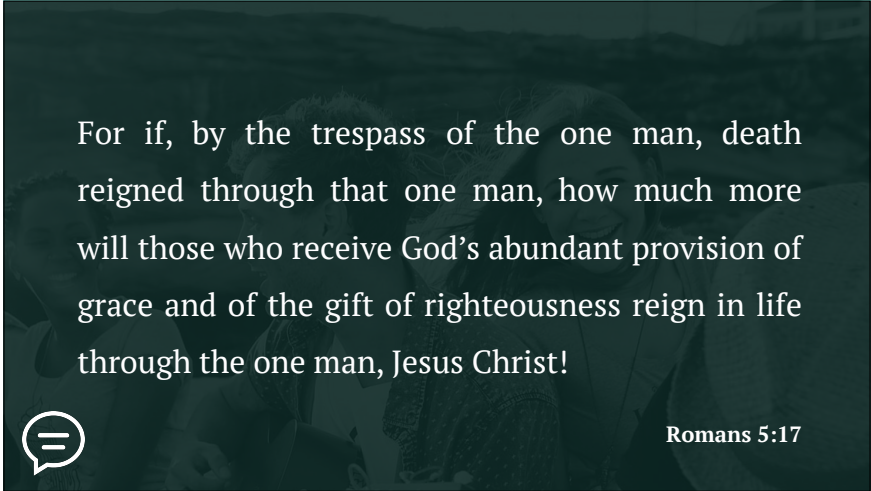
2 Peter 3:10-12



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For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

Romans 5:17



Godliness
involves training



The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. 2 Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. 3 They forbid people to marry and order them to abstain from certain foods,

1 Timothy 4:1-11



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1 Timothy 4:1-11



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which God created to be received with thanksgiving by those who believe and who know the truth. 4 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, 5 because it is consecrated by the word of God and prayer. 6 If you point these things out to the brothers and sisters, you

1 Timothy 4:1-11



will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching you have followed. 7 Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things,

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holding promise for both the present life and the life to come. 9 This is a trustworthy saying that deserves full acceptance. 10 That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. 11 Command and teach these things.

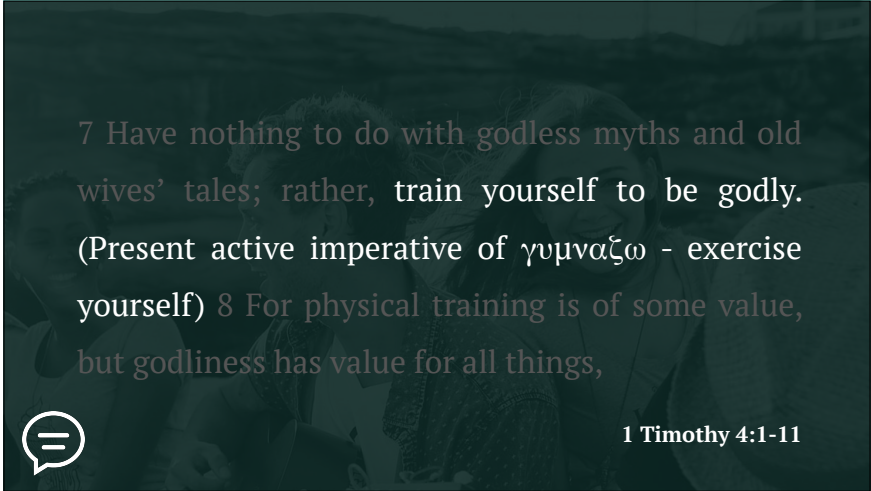
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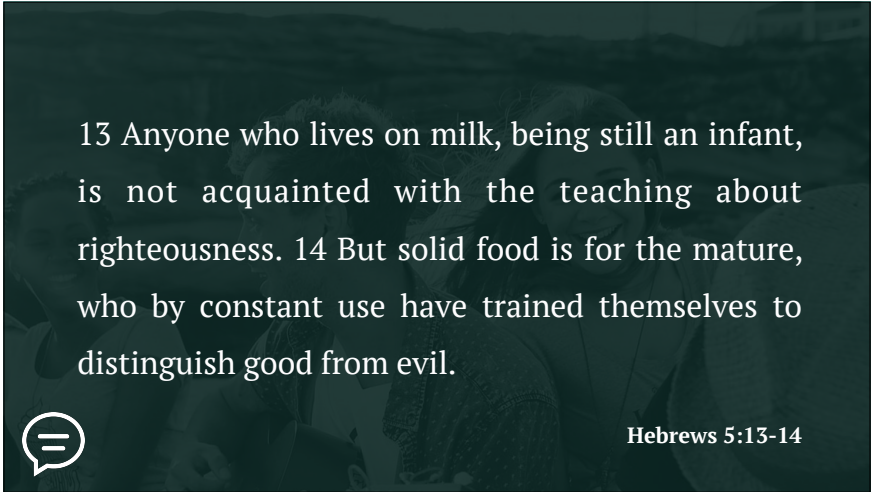
7 Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. (Present active imperative of γυμναζω - exercise yourself) 8 For physical training is of some value, but godliness has value for all things,

1 Timothy 4:1-11



Training
involves
perseverance

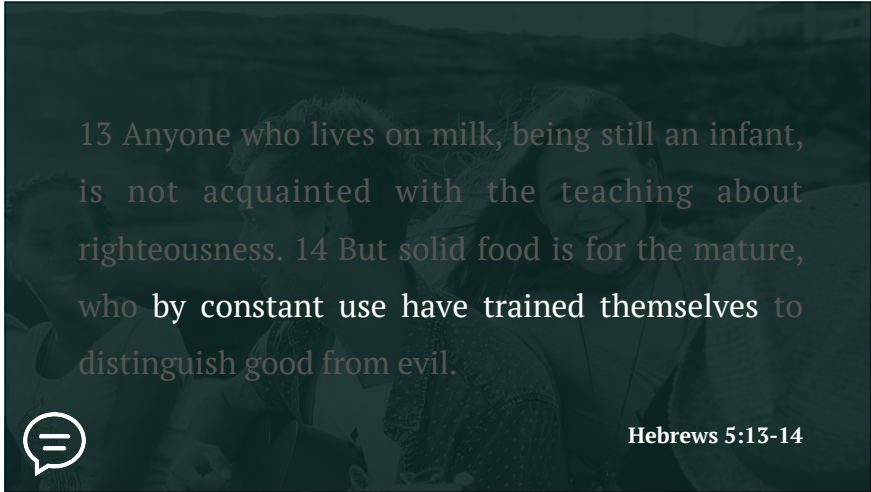




13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.



Hebrews 5:13-14



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Hebrews 5:13-14



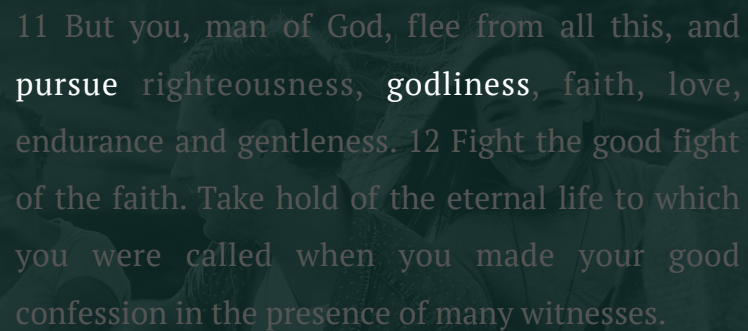
Training involves pursuit



11 But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. 12 Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.

1 Timothy 6:11-12





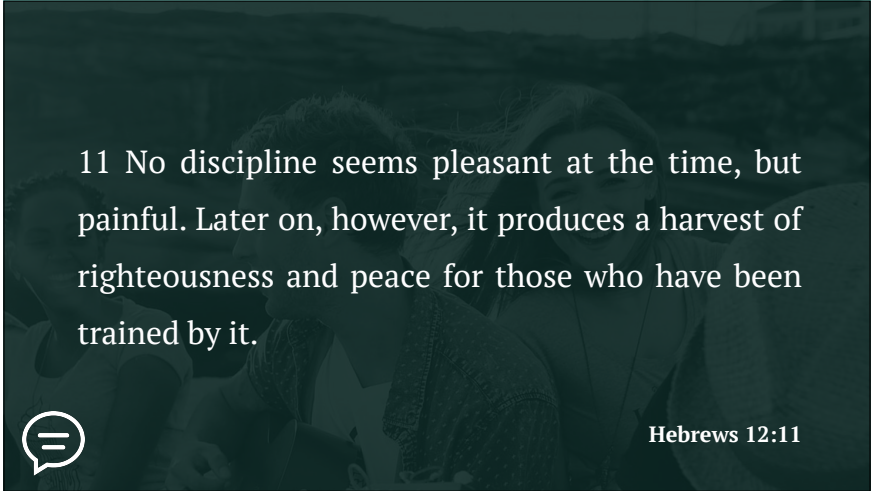
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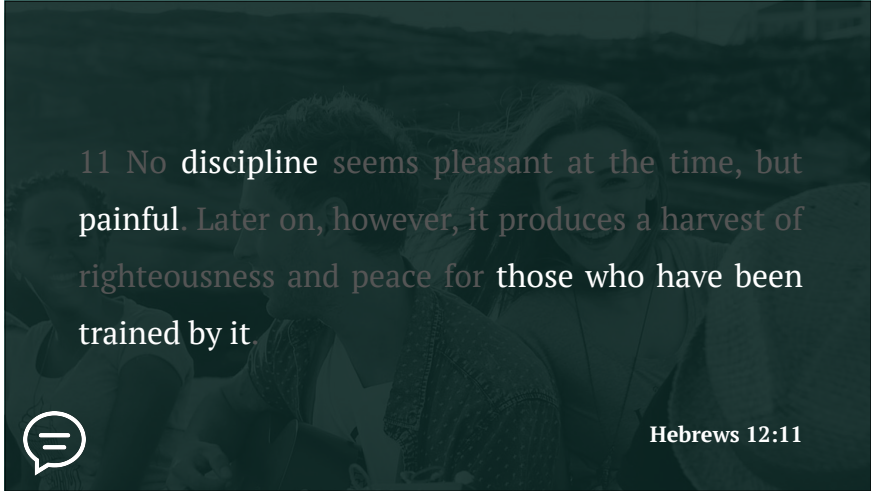
Training
includes pain





11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

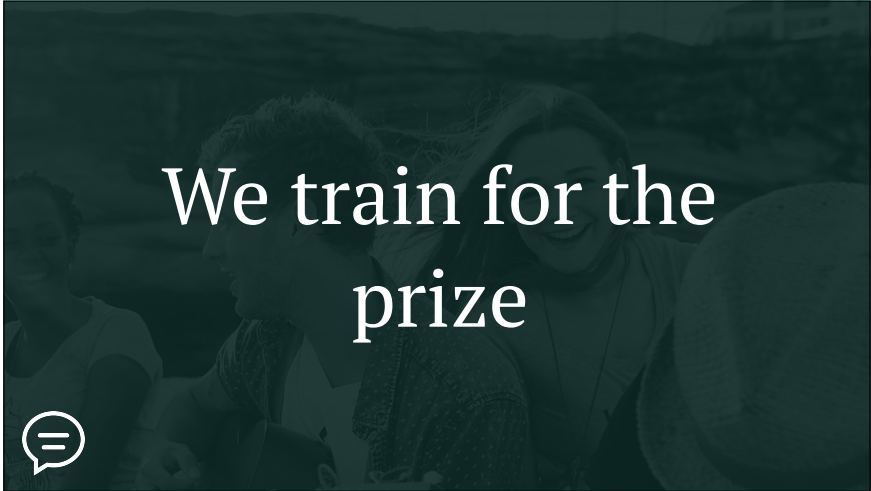
Hebrews 12:11



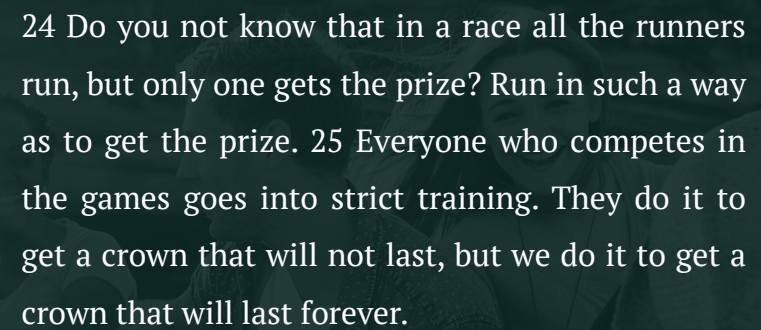
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Hebrews 12:11





We train for the prize



24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

1 Corinthians 9:24-25





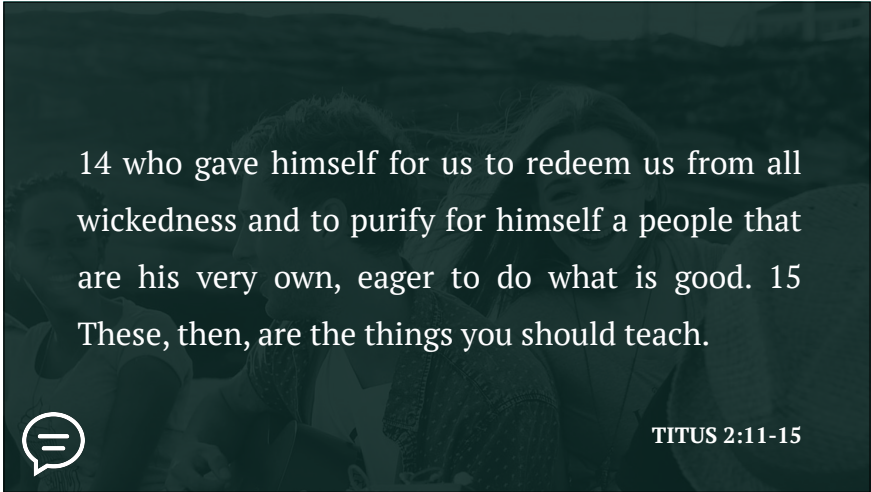
Ready, Set, Go



11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13 while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,

TITUS 2:11-15





14 who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. 15 These, then, are the things you should teach.

TITUS 2:11-15



The habit of Kindness

Deliberate acts of kindness in Jesus name



The habit of Conversation

Prepared and Gracious conversation

Testimony, Gospel, Invitation



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