

S E R M O N O U T L I N E

# CREATURES of BETTER HABITS



B R I G H T O N C O M M U N I T Y C H U R C H

# CREATURES OF BETTER HABITS

## 1. FORMING HABITS

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<sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. <sup>9</sup> This is a trustworthy saying that deserves full acceptance. <sup>10</sup> That is why we labour and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

1 TIMOTHY 4

**#1.**

### **FORM HABITS THAT HELP RATHER THAN HINDER**

<sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 TIMOTHY 4

**#2.**

### **FORM HABITS INTENTIONALLY RATHER THAN INCIDENTALLY**

<sup>10</sup> That is why we labour and strive ...

1 TIMOTHY 4

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

MARK 1

**#3.**

## **FORM HABITS THROUGH EMPOWERMENT RATHER THAN WILLPOWER**

<sup>10</sup> That is why we labour and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

1 TIMOTHY 4

# DISCUSSION QUESTIONS

- 1. Share a good and a bad habit you have or used to have, and how each one was formed.**
- 2. How intentional are you about developing godly habits, or do they happen only when convenient? Which spiritual discipline (reading, prayer, fasting) do you struggle with the most and why?**
- 3. Discuss with your cell group how you can support one another to develop spiritual habits through participating in Cultivate.**