

The Beginning of Godly Habits

DECEMBER 27, 2026

STUDY TEXT: [1 TIMOTHY 4:7-8; LUKE 6:46-49](#)

Discuss the following BIG IDEAs and how to apply them to life. Use the questions to spark discussion.

Big Idea 1: Godly Habits Require Intentional Training ([1 Timothy 4:7](#))

Live It Out: Take an honest look at your spiritual life and examine where you have seen God help you grow. Identify where you would like to grow in the coming year.

- *What is the difference between trying to be godly and training for godliness?*
- *What distractions compete for believers' attention today and keep us from pursuing godliness?*

Live It Out: Begin one simple spiritual habit this week, trusting God to use your daily faithfulness to shape you over time.

- *Which spiritual habit has had the greatest impact on your walk with Christ? Why?*
- *Why do small, consistent acts of obedience often produce greater spiritual growth than occasional bursts of effort?*

Big Idea 2: Godly Habits Produce Lasting Spiritual Growth ([1 Timothy 4:8](#))

Live It Out: Invest time this week in a practice that will strengthen your relationship with Christ, remembering that what shapes your soul has lasting value.

- *Why do you think Paul compared physical training with spiritual training?*
- *What temporary priorities or pursuits most often compete for your attention and spiritual growth?*

Live It Out: As the new year begins, ask yourself, *Who am I becoming?* Pray that God would continue shaping your character to reflect Christ.

- *How would you define biblical godliness?*
- *In what ways does godliness affect everyday areas such as your family, work, relationships, or finances?*

Big Idea 3: Godly Habits Build a Strong Foundation ([Luke 6:46-49](#))

Live It Out: Don't stop at hearing God's Word. This week, take one practical step of obedience in response to what God has been teaching you.

- *Why did Jesus emphasize obedience rather than simply hearing His words?*
- *What does it mean to "dig deep" when building a spiritual foundation?*
- *How do consistent spiritual habits prepare believers for seasons of difficulty?*

- *Think of a time when a trial revealed strengths or weaknesses in your spiritual foundation. What did God teach you through that experience?*

WORK TOGETHER TO MEMORIZE THE FAMILY SCRIPTURE OF THE MONTH

Luke 2:11

Build a Foundation

Discussion questions for elementary age students.

1. *What do godly habits do for us?*
(Help us grow closer to God, become more like Jesus, and build our lives on Him.)
2. *How are godly habits different from New Year's resolutions?*
3. *What is one godly habit you'd like to grow this year?*
4. *What is one godly habit your family could begin this year?*

Faith Connections

At bedtime, turn off the lights in a room and use a flashlight to guide family members safely across the room. Then read Psalm 119:105 together. Talk about how a flashlight helps people see where to go, just as God's Word helps guide us through life. As a family, choose one godly habit to practice together during the week, such as praying before meals, reading a Bible verse at bedtime, or thanking God for blessings each day. At the end of the week, talk about what you learned and how God helped your family grow closer to Him.

Stand Strong

Since salvation is by grace, why do Christians need spiritual disciplines?

Answer: Christians are saved by God's grace through faith in Jesus, not by their own efforts. Spiritual disciplines such as prayer, Bible study, worship, and fellowship do not earn salvation. Instead, they help believers grow in their relationship with God and become more like Christ. These practices are not about earning God's love but about developing habits that help us grow as disciples.

Scripture: Ephesians 2:8-10; 1 Timothy 4:7-8

Preschool Highlights

Today your child learned about an angel who told shepherds in a field that the Savior of the world had been born. The shepherds went to Him and worshiped Him. Wise men also saw a special star in the sky and knew it was a sign from God that the Messiah had been born. They traveled a long way and brought Jesus gifts. **Jesus Is God's Son**, and He is worthy of our praise.



Godly habits are not about earning God's approval but responding to His grace. Parents, grandparents, and spiritual mentors shape the next generation by modeling lives built on God's Word. Invite others to join you in pursuing Christ through prayer, Scripture, worship, and obedience. Spiritual growth is often caught as much as it is taught.