



Speak the Word Church  
International  
Women's Bible Study  
May 14th 2021 6:30-8:00pm  
Online

# HABITS OF THE HEART: EMBRACING GODLY DISCIPLINE PART 2

## GOALS & KEY CONCEPTS:

- To understand a biblical definition of discipline.
- To identify, explore and understand the negative and positive habits of your heart according to the Word of God, the Bible.
- To grasp a personal understanding of the factors in your life that have contributed to a level of discipline and to understand why you have experienced certain outcomes.
- To restore women to a sense of godly discipline.
- To identify scriptures in the Bible to build your faith related to the habits of your heart.

## DEFINITION: WHAT IS THE DEFINITION OF DISCIPLINE?

- To train or develop by instruction and exercise, especially in self-control
- To impose order upon
- Punishment
- An orderly or prescribed conduct or pattern of behavior
- Training that corrects, molds, or perfects the mental faculties or moral character
- A rule or system of rules governing conduct or activity
- A field of study

## DEFINITION: WHAT IS THE DEFINITION OF A HABIT?

- A settled tendency or usual manner of behavior
- An acquired mode of behavior that has become nearly or completely involuntary
- It is a manner of conducting oneself
- The prevailing disposition or character of a person's thoughts and feelings: mental makeup
- Characteristic mode of growth or occurrence

# ICEBREAKER REVIEW: GROUP DISCUSSION/GROUP CHAT

1. What are some areas in your life where discipline should be applied?

1.
2.
3.
4.
5.

2. What are some habits that are positive? What are some negative habits? List five of each.

Positive Habits	Negative Habits
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

## FOUNDATION SCRIPTURE:

Hebrew 12:1-12 NEW LIVING TRANSLATION

### PART 1 HABITS—HOW DID I GET HERE?

- ✓ **Proverbs 10:17** People who accept discipline are on the pathway to life, but those who ignore correction will go astray.
- ✓ **Proverbs 12:1** To learn, you must love discipline; it is stupid to hate correction.

We are a spirit; we possess a soul, and we live in a body. The soul comprises of your mind, will and emotions. We must recognize what occurs in our minds, wills, and emotions to identify the characteristics that transform into habits. Behavior is how you conduct yourself. Habits are the usual way or the involuntary actions of a behavior. Habits transform in your daily lifestyle.

The battlefield between flesh and spirit must be considered when we address the habits that we have whether they are good or bad. The Word of God provides the key principles to address behaviors and it determines which factors are present in our lives. If we know what the Word says about our identity in Christ and that we are made in the image of God, we will understand the following:

- 1) The reasons for engaging in certain behaviors due to our fallen nature.
- 2) The transformation of the believer by Christ changes our behaviors and habits.

#### ROMANS 8:1-4

**8** So now there is no condemnation for those who belong to Christ Jesus. <sup>2</sup> And because you belong to him, the power<sup>[a]</sup> of the life-giving Spirit has freed you<sup>[b]</sup> from the power of sin that leads to death. <sup>3</sup> The law of Moses was unable to save us because of the weakness of our sinful nature.<sup>[a]</sup> So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. <sup>4</sup> He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

What are the principles from this verse that teach us about habits of the heart?

1. There is no condemnation for those who belong to Christ Jesus.
2. The life-giving Spirit has freed you from the "power of sin" that leads to death.
3. We have a weak sinful nature, the flesh.
4. Jesus, the son of God was sent to earth in a body and God declared an end to sin's control over us by giving his Son as the sacrifice for our sin.
5. The requirement of the law is satisfied when we no longer follow the sinful nature but follow the Spirit.

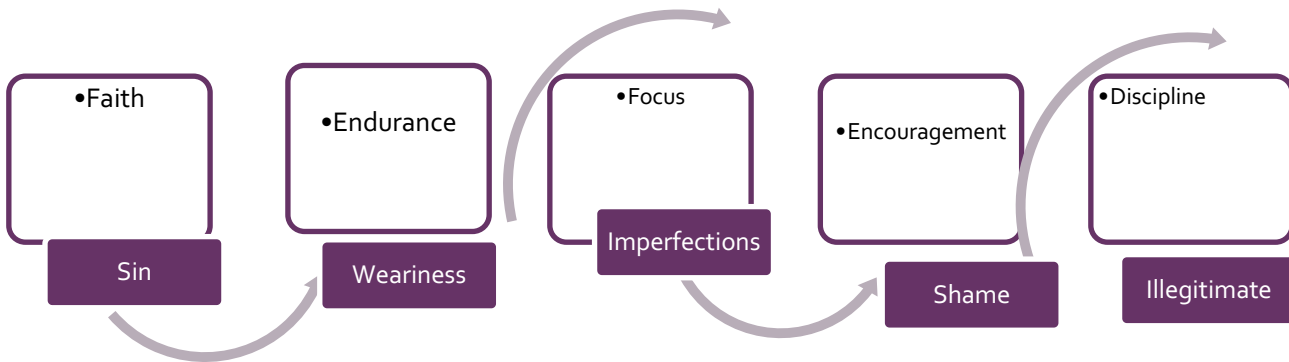
**Questions #1** *How can habits bring condemnation to the life of a woman who is a believer? The Bible says "There is no condemnation to those who are in Christ" but why are there so many women struggling with their negative habits and struggling with feelings of condemnation (guilt, shame, blame)?*

**Questions #2** *How has the Holy Spirit influenced your life? Are you filled with the Holy Spirit with the evidence of speaking in other tongues? How does the Holy Spirit help you to identify habits? How does he do this in our lives?*

**Questions #3** *How can you manage your habits as a Spirit-filled woman of God as you continue to manage your flesh nature?*

MY NOTES:

## PART 2 REVIEW DEVELOPING DISCIPLINE – HEBREWS 12



*Question #1 What is the connection between discipline and habits?*

*Question #2 Which area above is a challenge for you to create or maintain good habits according to developing discipline from Hebrews 12:17-13?*

## PART 3 - THE MINDSET OF A HABIT

### **ROMANS 8**

<sup>5</sup> Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. <sup>6</sup> So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. <sup>7</sup> For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. <sup>8</sup> That's why those who are still under the control of their sinful nature can never please God.

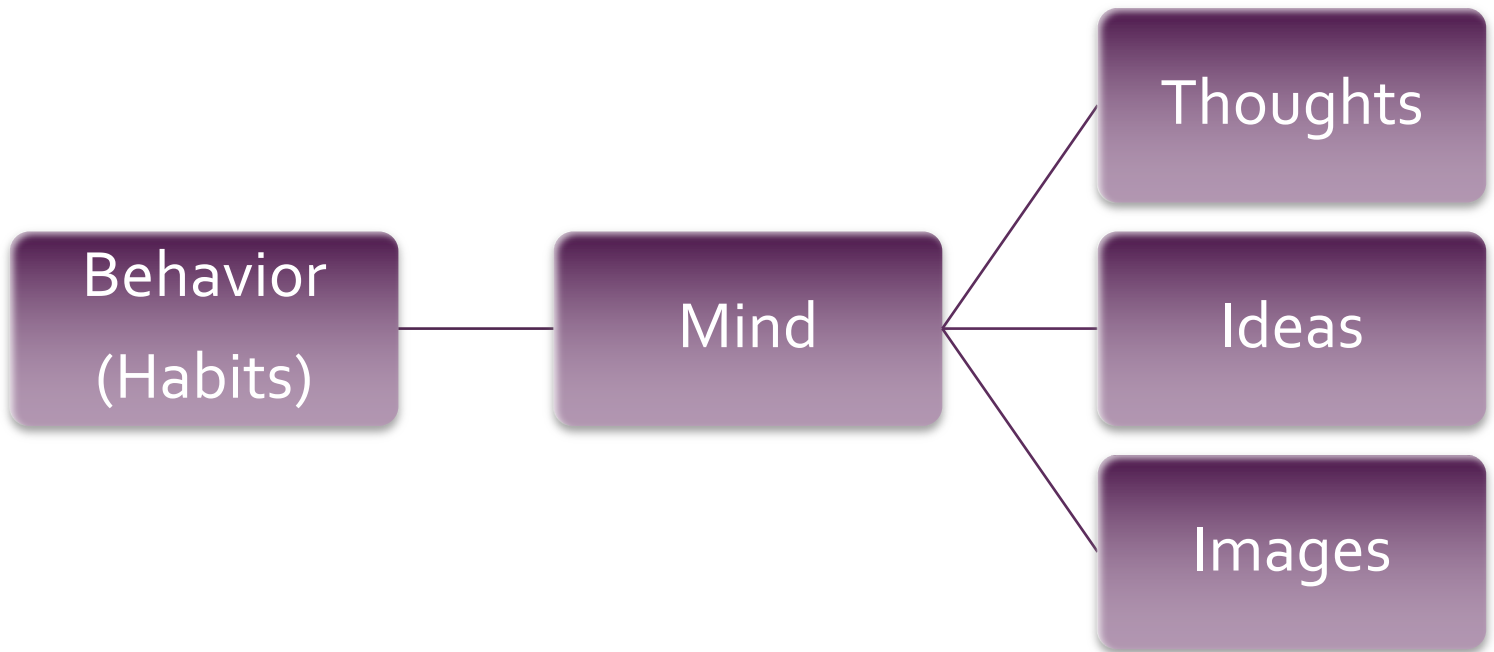
<sup>9</sup> But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) <sup>10</sup> And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life<sup>[a]</sup> because you have been made right with God. <sup>11</sup> The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

<sup>12</sup> Therefore, dear brothers and sisters,<sup>[a]</sup> you have no obligation to do what your sinful nature urges you to do. <sup>13</sup> For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature,<sup>[a]</sup> you will live. <sup>14</sup> For all who are led by the Spirit of God are children<sup>[a]</sup> of God.

*The Word of God specifies what is right versus what is wrong in terms of morality based on God's point of view. It is necessary to recognize our thoughts which eventually become behaviors. Behaviors lead to habits which can lead us toward the Lord or away from Him in terms of how we think.*



*They are antagonistic toward each other so we do not do the things that we desire.*



## PART 4 - PROBLEM SOLVING

Examine your habits and determine how they can be developed toward discipline. Fill in the blanks for yourself.

1. My habit is \_\_\_\_\_



2. What is the behavior(s) associated with my habit? \_\_\_\_\_



3. What has been my general mindset about the habit and behavior?

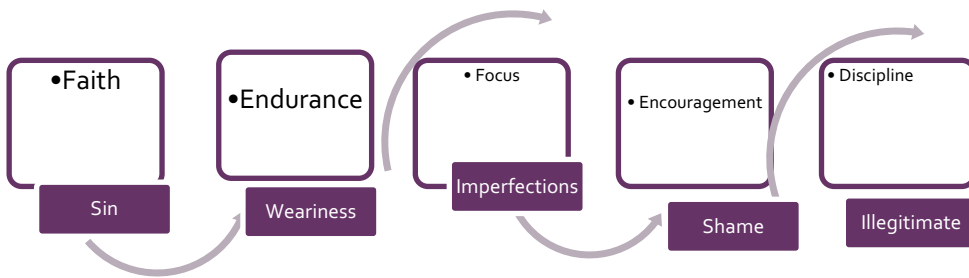
3a. What are the thoughts (what am I saying to myself)?

3b. What are the ideas that led to this habit and behavior? (How are my collective thoughts formulating together)

3c. What are the images that I have about this habit or behavior?

4. What does God's Word state about my habit or behavior?

5. What stage of development am I in within discipline regarding this habit?



6. How did I get here (to this habit or behavior) and what do I need to do to move forward or correct my behavior?

## PART 5 - THE GRACE OF GOD

*The grace of God is the “power of the Holy Spirit to meet the evil tendency within us that tempts, coerces, pushes and punishes us to do wrong and be wrong but He overrides our tendencies to become righteous.”*

### *Romans 5:6-11*

<sup>6</sup>When we were utterly helpless, Christ came at just the right time and died for us sinners. <sup>7</sup>Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. <sup>8</sup>But God showed his great love for us by sending Christ to die for us while we were still sinners. <sup>9</sup>And since we have been made right in God’s sight by the blood of Christ, he will certainly save us from God’s condemnation. <sup>10</sup>For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. <sup>11</sup>So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.

### *Romans 6:1-14*

**6** Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? <sup>2</sup>Of course not! Since we have died to sin, how can we continue to live in it? <sup>3</sup>Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? <sup>4</sup>For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.

<sup>5</sup>Since we have been united with him in his death, we will also be raised to life as he was. <sup>6</sup>We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. <sup>7</sup>For when we died with Christ we were set free from the power of sin. <sup>8</sup>And since we died with Christ, we know we will also live with him. <sup>9</sup>We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. <sup>10</sup>When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. <sup>11</sup>So



you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

<sup>12</sup> Do not let sin control the way you live;<sup>[a]</sup> do not give in to sinful desires. <sup>13</sup> Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. <sup>14</sup> Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

#### *James 4:6-8*

<sup>6</sup> But He gives us more and more grace [through the power of the Holy Spirit to defy sin and live an obedient life that reflects both our faith and our gratitude for our salvation]. Therefore, it says, "GOD IS OPPOSED TO THE PROUD *and* HAUGHTY, BUT [continually] GIVES [the gift of] GRACE TO THE HUMBLE [who turn away from self-righteousness]." <sup>7</sup> So submit to [the authority of] God. Resist the devil [stand firm against him] and he will flee from you. <sup>8</sup> Come close to God [with a contrite heart] and He will come close to you. Wash your hands, you sinners; and purify your [unfaithful] hearts, you double-minded [people].

*Question #1 What evil tendencies am I struggling with? Is there anything that is hindering me and causing me to ignore the promptings of the Holy Spirit.*

*Question #2 Are there any habits or behaviors that I am attempting to solve on my own without the help of the Holy Spirit? Am I stuck in reasoning, frustration, guilt, or condemnation?*

*Question #3 Are there any hindrances in my life surrounding this habit (environment, relationships, people) where I cannot accept God's grace and mercy? What happened in my life surrounding this event?*

*Question #4 What have I learned about myself concerning my habits and discipline?*

*MY NOTES:*