

Short Talk

(SHT026)

Godly habits

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ALL AGE WORSHIP
RESOURCES.ORG



SHORT TALK: “GODLY HABITS” (SHT026)

Aim of Short talk:	To encourage people to develop “godly habits”
Main themes:	Habits, training
Biblical references:	1Timothy 4:7-8, 6:11, 1Corinthians 9:25
Props:	Toothpaste and toothbrush, soap and flannel, box of cornflakes

How many of you know what a habit is? *(Wait for responses)*

- A habit is something that we do regularly,
- and often without even thinking about it.

What habit does this remind you of? *(Show toothpaste and brush)*

- The habit of cleaning our teeth,
- which is something that we will do every day, at least once,
- to keep our teeth and gums healthy.

What habit does this remind you of? *(Show soap and flannel)*

- The habit of washing ourselves.....
- which again is something most of us will do most days!!
- so that we stay clean and healthy.

And what habit does this remind you of? *(Show box of cornflakes)*

- The habit of eating breakfast....
- which many of us do before we go to school or work,
- so that we have energy for the morning.

We will all have habits,

- things that we do every day.

Now some of those habits are good ones,

- like cleaning our teeth,
- having a wash,
- eating breakfast, and so on,
- but most of us also have other habits that aren't so good.

Can any of you think of any bad habits we might have? *(receive ideas from congregation)*

- We might be in the bad habit of eating the wrong foods,
- or the bad habit of going to bed too late,
- or even the bad habit of picking our noses!

Now St Paul had a young friend called Timothy,

- whom he was helping to grow in the Christian faith,
- and this is what he said to him:
- *“Train yourself to be godly.”* (1Timothy 4:7b)

St Paul was telling Timothy that he needed to develop godly habits;

- habits that would help him become more like Jesus.

St Paul says the same thing to us too,

- We need to develop godly habits if we are going to become more like Jesus.

So what things do you think we need to do every day if we are going to become more like Jesus? *(receive ideas from the congregation)*

My ideas would be that every day we need to:

- spend some time with Jesus;
- reading our Bibles and praying.

Every day we need to choose to love the people we meet.

- Every day we need to choose to forgive the people who upset or hurt us.
- Every day we need to choose to say “thank you” to our Heavenly Father for all of his goodness to us.
- You might have other ideas of things you choose to do.

As we keep practising doing those good things, they will become godly habits in our lives,

- and we will become spiritually healthy.
- Our relationship with Jesus will grow and we will bear good fruit.

But, good habits don't happen overnight.

- Apparently you need to do something at least 66 times (and often longer) before something becomes a habit,

So this morning.....what one thing could you begin doing that will help you become more like Jesus? PAUSE

- Choose to do that thing for the next 66 days until it becomes a godly habit.

Let's pray:

Father we need your help to develop godly habits.

Would you fill us again with your Holy Spirit,

and help us do those things that will make us more like Jesus. Amen.