

BETTER HABITS

Better, Part 2
Pastor Andy Wood
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“My dear children, for whom I am again in the pains of childbirth until Christ is formed in you.” Galatians 4:19 (NIV)

BIG IDEAS**1. Humans are creatures of _____.**

“I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.” Romans 7:15–20 (NIV)

2. Habits help or hinder our growth.**3. Habit transformation leads to _____ transformation.**

“Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. ‘Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.’ This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.” 1 Timothy 4:7–10 (NLT)

BETTER HABITS**1. Make it _____.**

Do what you can today to help you do tomorrow what you can’t do today.

2. Make it daily.**3. Make it _____.**

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.” Galatians 6:9–10 (NLT)

4. Make it _____.

“Now you have every spiritual gift you need as you eagerly wait for the return of our Lord Jesus Christ.” 2 Timothy 1:7 (NLT)

5. Make it divinely focused.

更好的習慣

更好 (二)

胡安迪牧師

2023年1月21-22日

「我小子啊，我為你們再受生產之苦，直等到基督成形在你們心裏。」

加拉太書 4:19 (和合本)

重點

1. 人類是「_____」的動物」

「因為我所做的，我自己不明白；我所願意的，我並不為；我所恨惡的，我倒去做。若我所做的，是我不願意的，我就應承律法是善的。既是這樣，就不是我做的，乃是住在我裏頭的罪做的。我也知道在我裏頭，就是我肉體之中，沒有良善。因為立志為善由得我，只是行出來由不得我。故此，我所願意的善，我反不做；我所不願意的惡，我倒去做。若我去做所不願意的，就不是我做的，乃是住在我裏頭的罪做的。」

羅馬書 7:15-20 (和合本)

2. 習慣可幫助或阻礙我們的成長

3. 習慣的轉變會帶來_____的轉化

「不要浪費時間去爭辯那些世俗的觀點和老婦無稽的傳說，反倒要操練自己，成為敬虔的人。『操練身體固然有益，但操練敬虔益處更大，在今生來世都可得到所應許的福分。』這話是千真萬確的，人人都應當接受。我們就是為了這個緣故而努力工作，不斷奮鬥，因為我們的盼望在於永活的上帝，他是全人類的救主，更是所有信徒的救主。」

提摩太前書 4:7-10 (新普及譯本)

更好的習慣

1. 變得_____

今天做你能做的，幫助你明天做你今天做不到的

2. 成為恆常

3. 要_____

「所以，不要厭倦行善。如果我們不放棄，時候一到，就會收穫豐盛的祝福。因此，我們只要有機會，就應該對眾人行善，特別是對在信仰上同為一家的人。」

加拉太書 6:9-10 (新普及譯本)

4. 保持_____

「你們在熱切等候着我們主耶穌基督再來的期間，各樣所需的屬靈恩賜，你們都已經擁有了。」

哥林多前書 1:7 (新普及譯本)

5. 成為神聖的焦點