

East Hill Church Sermon Discussion Guide:

The Transformative Power of Godly Habits

Speaker: Pastor Keith Jenkins

Date: July 7, 2024

Introduction:

In this impactful sermon, Pastor Keith Jenkins explored the importance of developing godly habits and disciplines in our journey towards Christlikeness. Drawing from various scriptures and historical quotes, he emphasized how our daily routines and practices shape our character and spiritual growth.

1. The Ultimate Goal of a Transformed Life is Christlikeness:

Pastor Keith highlighted that the ultimate aim of our spiritual journey is to become more like Christ. He emphasized that this transformation involves not just learning Jesus' teachings, but also adopting His values, character, and patterns of living.

Discussion Questions:

1. What does Christlikeness mean to you in practical terms?
2. How have you seen your own life transformed as you've followed Christ?

Supporting Verse:

Galatians 4:19 - "My dear children, for whom I am again in the pains of childbirth until Christ is formed in you"

Context and Reflection:

- Historical/Cultural Context: Paul was writing to the Galatian church, expressing his deep desire for their spiritual maturity.

- Theological Significance: This verse emphasizes the process of spiritual formation as Christ's character is developed in believers.
- Application: We should actively seek to have Christ formed in us through our daily choices and habits.

## 2. The Necessity of Godly Training (Discipline):

Pastor Keith stressed the importance of spiritual discipline in our growth as followers of Christ. He explained that none of us naturally desires to obey Jesus, and it takes intentional training to break old patterns and form new, godly ones.

### Discussion Questions:

1. What spiritual disciplines have you found most helpful in your walk with Christ?
2. How can we develop more consistency in our spiritual disciplines?

### Supporting Verse:

1 Timothy 4:7-8 - "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."

### Context and Reflection:

- Historical/Cultural Context: Paul was instructing his young protégé Timothy on effective ministry.
- Theological Significance: This passage highlights the superior value of spiritual training over physical training.
- Application: We should prioritize spiritual disciplines that train us in godliness.

## 3. Our Reactions Flow from Broken and Unrenewed Areas of Our Souls:

Pastor Keith discussed how our unconscious reactions often stem from areas of our lives that haven't been fully transformed by Christ. He emphasized the importance of creating space between events and our responses to allow for Spirit-led actions.

Discussion Questions:

1. Can you think of a time when you reacted poorly to a situation? How might you respond differently now?
2. What practices help you create space for more thoughtful, Spirit-led responses?

Supporting Verse:

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Context and Reflection:

- Historical/Cultural Context: Paul was instructing the Roman church on practical Christian living.
- Theological Significance: This verse emphasizes the importance of mental transformation in discerning God's will.
- Application: We should actively seek to have our minds renewed by God's truth to shape our responses to life's challenges.

4. Take Up the Easy Yoke:

Pastor Keith concluded by encouraging the congregation to fully embrace Jesus' teachings and way of life, describing it as an "easy yoke" compared to the burdensome expectations of other religious leaders.

Discussion Questions:

1. How have you experienced Jesus' yoke as "easy" and His burden as "light"?

2. What areas of your life do you need to more fully submit to Jesus' way of living?

Supporting Verse:

Matthew 11:29-30 - "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Context and Reflection:

- Historical/Cultural Context: Jesus was inviting people to follow Him, contrasting His way with the burdensome religious systems of the time.
- Theological Significance: This passage highlights the restful nature of following Jesus compared to legalistic religious observance.
- Application: We should embrace Jesus' teachings and way of life, trusting that His guidance leads to true rest and fulfillment.

Conclusion:

Pastor Keith Jenkins' message reminded us of the transformative power of godly habits and disciplines. By intentionally adopting Christ-like patterns of living, creating space for Spirit-led responses, and fully embracing Jesus' teachings, we can experience true transformation and find rest for our souls.

Reflection Questions:

1. What is one godly habit you want to develop or strengthen in your life?
2. How can you create more space in your daily routine for intentional spiritual growth?
3. In what area of your life do you need to more fully embrace Jesus' "easy yoke"?

Prayer:

Heavenly Father, thank you for the transformative power of your Spirit in our lives. Help us to develop godly habits and disciplines that shape us to be more like Christ. Give us the strength to

break old patterns and embrace new ways of living that reflect your character. May we fully submit to Jesus' teachings and find true rest for our souls. In Jesus' name, Amen.

#### References:

##### Primary Sources:

"The Transformative Power of Godly Habits," East Hill Church, 07/07/2024. Delivered by Pastor Keith Jenkins.

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Willard, Dallas. "The Spirit of the Disciplines: Understanding How God Changes Lives." HarperOne, 1988.

Foster, Richard J. "Celebration of Discipline: The Path to Spiritual Growth." HarperOne, 1978.

##### Collaborative Contributions:

LLM Contributions: Based on a mixture of licensed data, data created by AI models, and publicly available data, synthesized for the study of the provided sermon notes and biblical passages.

##### LLM Training Data:

LLM Training Data. Includes a diverse range of texts (books, websites, and other publications) up to April 2024.