



## H.A.B.I.T.S. solo time guide

As followers of Jesus, everyday we need to become more like Christ. We can do this by instilling habits in our life to help us grow in our faith. Taking on a new habit takes time, effort, and intentionality. Here are some H.A.B.I.T.S. for you to make apart of your daily life in order to help you grow in your faith.

### day 1: hang with Jesus

A part of loving Jesus is having a desire to spend time with Him. Just like we loving hanging with our friends, we should love hanging with Jesus. Spending time with someone shows them that we genuinely care about them, we enjoy them, and we desire for our relationship with them to grow. By you choosing to hang with Jesus, you are showing Him that He's important to you and that you desire to know Him better.

- **READ:** Mark 1:35
- **THINK:** Look at your day and schedule a time to spend with Jesus. What do you need to adjust in your schedule to make time for Jesus? How can hanging with Jesus help you grow in your faith?

### day 2: attend church

Attending church is an opportunity to be with a group of people who also desire to follow Jesus, grow in our relationship with Jesus, create and build awesome friendships, and worship together. Following Jesus isn't something that should be done alone. Make a commitment to prioritize attending JHM weekend services and your JHM Life Group every week.

- **READ:** Hebrews 10:24-25
- **THINK:** What do these verses say the importance is for being together? How can attending church help you grow in your faith?

### day 3: be generous

We've been given all sorts of things that we can be generous with: our money, our time, our material possessions. Being generous is holding the things we have with open hands and being willing to give them with kindness.



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Everything we have is because God has blessed us with it, so we need to be ready to share what we have with others.

- **READ:** 2 Corinthians 9:7
- **THINK:** What are things that you can be more generous with? How can being generous help you grow in your faith?

## day 4: invest in christian friends

We become most similar to the people we surround ourselves with. If you hang out with awesome people, you are going to become an awesome person! Investing in friendships with those who have the same faith as you will only help you grow in your faith because you are all striving towards the same goal as followers of Jesus.

- **READ:** 1 Thessalonians 2:8
- **THINK:** Write down the names of a few Christian friends that you're investing in. How do these friends help you grow in your faith?

## day 5: tell my story

We all have a story. Jesus has written each of our stories. The things He has done in and through our lives needs to be shared. There are moments He's done incredible things in your life—ones you may have noticed and others you have yet to notice. Telling your story allows you to pinpoint those moments that Jesus has done His work in your life. Your story brings glory to Jesus.

- **READ:** Acts 1:8
- **THINK:** What is a moment you've seen Jesus do something awesome in your life? Who are some people you can tell your story to?

## day 6: serve others

Jesus said to "Love our neighbor as ourselves" (Mark 12:31). When we love others, we naturally put their needs above our own and do all we can to help them. Serving is taking action to do something for someone else. Jesus lived a life of serving. Wherever He saw a need, He didn't hesitate to respond to help that person. As followers of Jesus, we should be modeling the life that Jesus lived: a life a serving.

- **READ:** Matthew 20:26-28
- **THINK:** What are some things you can do to serve others? How can serving help you grow in your faith?

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