

# HABITS REFLECTION SHEET

## **HABITS** — Holy Habits of a Healthy Life

Week 1: Practical Presence- Practicing the Presence of God- Practical Presence

Big Idea

Holy Habits form a holy life.

If we want to live for Jesus, we have to live like Jesus.

And Jesus practiced Presence — time with the Father in prayer and in the Word.

“But Jesus often withdrew to the wilderness for prayer.” — Luke 5:16

## **THE HABIT OF PRESENCE**

Prayer + The Word

Prayer — Proseuchomai

Prayer is two-way communication with deep meaning and fulfillment.

Not just talking — tuning in.

A helpful question:

Do you talk to tell... or do you talk to tune in?

## **WHY COMMUNICATION BUILDS CONNECTION**

☐ Clarity — When you know someone’s heart, you don’t question their actions

☐ Safety — Empty words create distance, deep words create space

☐ Commitment — We fight for the people we’re connected to

The purpose of communication is connection.

## **HOW JESUS TAUGHT US TO PRAY** — Matthew 6:6–13

☐ Close the door — remove distraction and be fully present

☐ Be real with God — He already knows your heart

☐ Pray with purpose — use the Lord’s Prayer as a pattern

Praying isn’t just talking — it’s tuning your heart to God.

## **A SIMPLE DAILY PRAYER RHYTHM**

Try this this week:

☐ 5–10 minutes of prayer

☐ 5–10 minutes in the Word

☐ 1–2 minutes of silence — tuning in to God’s voice

Start small. Stay consistent. God meets you there.

## **THE WORD — LOGOS AND RHEMA**

Logos — The Written Word of God

God’s Word shapes our thinking, our identity, and our hearing.

“The sheep follow Him, for they know His voice.” — John 10:4

We learn His voice by knowing His Word.

## **S.O.A.P. — SIMPLE BIBLE READING PLAN**

Use this daily:

S — Scripture

What passage did I read today?

O — Observation

What stood out to me?

A — Application

How will I live this out today?

P — Prayer

Talk with God about it.

## **THIS WEEK'S HABIT GOAL**

☐ I will spend time daily in God's presence

☐ I will read the Bible at least 4 days this week

☐ I will tune in — not just talk

My commitment:

## **REMEMBER**

Holy habits build a holy life.

Presence isn't complicated.

It's simply showing up with God — daily.

If you're going to live for Jesus...

Live like Jesus.