

# Five Habits to Define Your 2026

Jan. 04, 2026  
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## 1. The Habit of \_\_\_\_\_

*Colossians 3:13 "Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." (NLT=New Living Translation)*

- Expect imperfection in your relationships
- Practice forgiveness like a relational pressure valve
- Practice forgiveness so you have capacity to love

## 2. The Habit of \_\_\_\_\_

*Psalms 127:2 "It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones." (NLT)*

*Ecclesiastes 8:15 "So I recommend having fun, because there is nothing better for people in this world than to eat, drink, and enjoy life. That way they will experience some happiness along with all the hard work God gives them under the sun." (NLT)*

- God tells us to have a balanced life
- We learn to balance our lives by managing our energy

## 3. The Habit of \_\_\_\_\_

*Genesis 2:18 "Then the LORD God said, 'It is not good for the man to be alone. I will make a helper who is just right for him.'" (NLT)*

*Colossians 3:14 "Above all, clothe yourselves with love, which binds us all together in perfect harmony." (NLT)*

*1 Thessalonians 5:11 "So encourage each other and build each other up, just as you are already doing." (NLT)*

*Galatians 6:2 "Share each other's burdens, and in this way obey the law of Christ." (NLT)*

- Put yourself in relational environments
- Invest the time and energy required to connect

## 4. The Habit of \_\_\_\_\_

*1 Corinthians 6:19 "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?" (NLT)*

*1 Timothy 4:7-8 "Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. <sup>8</sup>Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." (NLT)*

- See yourself holistically

- Make your physical body a priority

## 5. The Habit of

*2 Corinthians 13:11 "Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity..." (NLT)*

- Grow in your knowledge of His word
- Grow in your application of His word

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### Discussion Questions:

1. How do habits shape and define our lives?
2. Why is it important to see forgiveness like a relational habit?
3. What is the habit of rest? Why is it so difficult to live in our culture today?
4. Why is the habit of connection so important? How can we grow in this habit?
5. Why should we pursue the habit of health? Why do you think we devalue the physical?
6. How can you make growing to maturity a habit this year? What two things are essential in growth?

