

HABITS OF A *Healthy Heart*

Don't Quit Too Early

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⁶ So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. ⁷ These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.

1 Peter 1:6-7 NLT

1. Being faithful in the little things is a big thing

“If you are faithful in little things, you will be faithful in large ones.

Luke 16:10 NLT

2. Developing spiritual GRIT

- Grace
- Resilience
- Integrity
- Teachability

⁸ Three different times I begged the Lord to take it away. ⁹ Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. ¹⁰ That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

2 Corinthians 12:8-10 NLT

⁹ 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.

¹⁰ 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

The LORD is more pleased when we do what is right and just than when we offer him sacrifices. **Proverbs 21:3 NLT**

⁸ ... Correct the wise, and they will love you. ⁹ Instruct the wise, and they will be even wiser. Teach the righteous, and they will learn even more.

Proverbs 9:8-9 NLT

Next Steps:

- Commit to be faithful in the little things in life so that I can grow in my faith: _____
- Commit to not giving up or growing weary and to developing steadfastness in my life
- I believe that God is leading me to grow spiritually: _____
- Re-read today’s Bible verses this week as I seek to grow stronger in my faith
- _____