



**Address:** 2163 St. Rt. 37 E.  
Delaware, OH 43015  
**Phone:** 740.363.2092  
**Email:** office@delawarenewbeginnings.com

## **MESSAGE NOTES - JANUARY 25th, 2026**

### **I'll Do It Tomorrow (pt. 4)**

#### **CULTIVATING SPIRITUAL HABITS FUELS CHANGE AND GROWTH**

**1 Timothy 4:1-16 NLT** - 1 Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons. 2 These people are hypocrites and liars, and their consciences are dead. 3 They will say it is wrong to be married and wrong to eat certain foods. But God created those foods to be eaten with thanks by faithful people who know the truth. 4 Since everything God created is good, we should not reject any of it but receive it with thanks. 5 For we know it is made acceptable by the word of God and prayer.

6 If you explain these things to the brothers and sisters, Timothy, you will be a worthy servant of Christ Jesus, one who is nourished by the message of faith and the good teaching you have followed. 7 Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. 8 "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 9 This is a trustworthy saying, and everyone should accept it.

10 This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers. 11 Teach these things and insist that everyone learn them. 12 Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. 13 Until I get there, focus on reading the Scriptures to the church, encouraging the believers, and teaching them.

14 Do not neglect the spiritual gift you received through the prophecy spoken over you when the elders of the church laid their hands on you. 15 Give your complete attention to these matters. Throw yourself into your tasks so that everyone will see your progress. 16 Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you.

"Virtue is good habits we can rely upon to make our life work. Conversely, vice is bad habits we can rely upon to make our life not work, to make it dysfunctional, as we say. So a holy life simply is a life that works." **(Richard J. Foster, "Streams of Living Water")**

#### **OVERCOMING PROCRASTINATION**

"Despite their desires, the lazy will come to ruin, for their hands refuse to work." **(Proverbs 21:25 NLT)**

**Pray:** - "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." **(Matthew 7:7-8 NIV)**

**Keep:** a record, prioritize, and evaluate. "There will be a time for every activity, a time to judge every deed." **(Ecclesiastes 3:17 NIV)** "A hard worker has plenty of food, but a person who chases fantasies ends up in poverty. **(Proverbs 28:19 NLT)**

**Resist & Persevere:** "I have hidden your word in my heart that I might not sin against you." **(Psalm 119:11)** "Do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised." **(Hebrews 10:35-36 NIV)**

**Ask a friend:** "The way of fools seems right to them, but the wise listen to advice." **(Proverbs 12:15 NIV)**

**Pause & Surrender:** "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." **(Galatians 2:20 NIV)**

**Lean on God's promises:** "His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires." **(2 Peter 1:3–4 NIV)**

**CULTIVATING SPIRITUAL HABITS FUELS CHANGE AND GROWTH**

**NO ONE IS GOING TO HELP YOU CHANGE YOUR HABITS MORE THAN YOU.**

**"Come and See"**