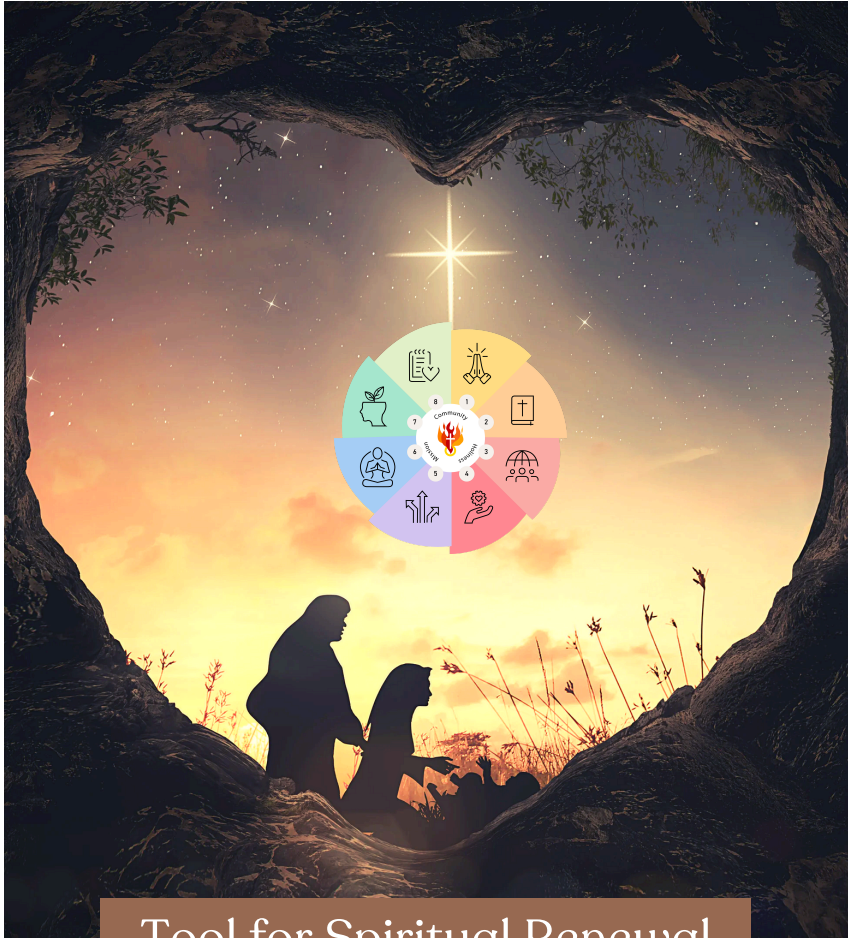


The **8 HABITS** *of* Effective Christian Living



Tool for Spiritual Renewal



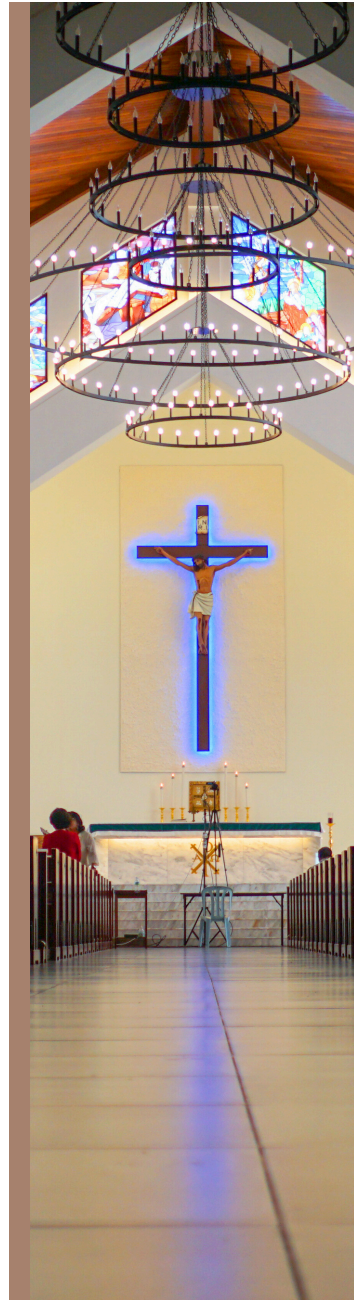
Church of St. Francis of Assisi, Cheras, Malaysia

TABLE OF CONTENTS



Foreword	1
Habit 1: Daily Prayer	3
Habit 2: Daily Bible Reading	6
Habit 3: Loving Fellowship	9
Habit 4: Loving Service	12
Habit 5: Faith Sharing	15
Habit 6: Christian Meditation	18
Habit 7: Mindful Living	21
Habit 8: Healthy Lifestyle	24
Afterword	27
Acknowledgements	29

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Foreword



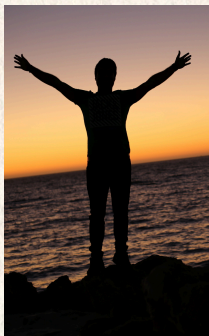
Life is made up of habits. Human beings are creatures of habits. We form our habits and our habits form us. Our habits shape who we are. Habit formation is the foundation of character development.

We cultivate habits that become a natural part of our lives and eventually enable us to become more effective in our daily Christian living as missionary disciples of Jesus.



How to live the Christian life on a daily basis?

We may understand the “what” and even the “why” of daily Christian living, but often struggle with the “how”.



Our Christian life cannot remain a vague ideal; it must be as specific, concrete, and practical as daily life itself. To truly transform our lives, we need to learn and practice practical disciplines. Without these disciplines, our Christian faith will remain just a concept, rather than becoming a truly transformative force in our lives.

The “**8 Habits**” is SFA’s tool for spiritual renewal and transformation in **holiness**, **communion**, and **mission**.

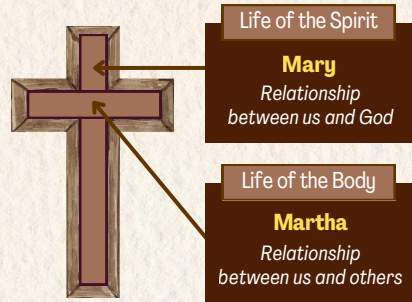


Foreword



Spirituality today must be holistic, integrating physical, mental, and emotional well-being as essential components of spiritual health. Neglecting our physical and mental health undermines the very essence of a Christian incarnational spirituality.

The '**8 Habits**' offer a harmonious balance between the 'vertical' and 'horizontal', the 'Mary' and 'Martha', embodying the unity of body, mind, and spirit. There is no disconnect between the life of the Spirit and the life of the Body.



During weekdays, let's embody our faith through the 8 Habits. During Sunday Masses, we celebrate our living faith through liturgical worship. At the end of the Mass, we are commissioned: '**Go in peace, glorifying the Lord by your life of the 8 Habits!**'

This booklet is a simple, practical guide to effective Christian living as **missionary disciples of Jesus** through the practice of the 8 Habits. Embrace these habits and let your life become a powerful witness to God's love and teachings.



Habit 1: Daily Prayer



“In the morning, while it was still very dark, Jesus got up and went to a deserted place, and there He prayed.” - *Mark 1:35*



We can cultivate a **loving relationship** with God through 15 minutes of morning and evening prayers daily. When we pray, we **converse** with God, **praise and thank** Him for His blessings, **confess** our sins, and **seek His blessings** for ourselves and those in need.



Guide to Effective Praying



Apply the **ACTS Prayer Model** to structure your prayer:

- **Adoration:** Begin by adoring & praising God for His goodness & mercy. You may pray with a Psalm of praise such as Psalm 100.
- **Confession:** Ask the Holy Spirit to reveal your sins, then confess them to God, seeking His forgiveness and mercy.
- **Thanksgiving:** Thank God for His blessings and express gratitude for His presence in your life.
- **Supplication:** Pray for others with an open heart, trusting that God knows what is best for you and them.



Habit 1: Daily Prayer



Practical Tips

Set Aside Dedicated Time: Establish a regular prayer schedule, aiming for 15 minutes each morning and evening.



Create a Quiet Space: Enhance the atmosphere by dimming lights, lighting a candle, or playing soft instrumental music.



Prepare Your Heart and Mind: Relax and breathe deeply to calm your mind, focusing on being present with God.



Pray with God's Word: Incorporate Scripture into your prayers to remind yourself of God's promises and to claim them with faith.

Be Still and Reflect: Devote some time for silence and meditation to hear God's voice and let His words guide your thoughts.

Reflection Questions

- Do I take time to be alone with God, speaking to Him from the depths of my heart and listening for His response?
- Do I invite Him to start a conversation with me each day?
- Am I honest with myself and God in my prayers? What specific thoughts or feelings do I share, and what might I be holding back?
- What practices (e.g. meditation, journaling) complement my prayer life, and how can I incorporate them more intentionally?



Habit 1: Daily Prayer



Testimonies From Parishioners

I've battled anxiety for a long time. During one of my RCIA lessons, I was prompted to say the Unity Prayer, which overwhelmed me. Since then, I've committed to saying this prayer daily, and it brings me lasting peace and joy of heart.

Rachael Ranjitha



I prayed weekly during Holy Hour for my spouse's return to Mass after being away for over 20 years. An unexpected event led him to join me in the Chapel during Holy Hour, where he was touched by God's presence (ie. the Blessed Sacrament Host exposed) and sensed His call to return. Since then, he attends weekly Mass and Adoration. Praise God for the power of prayer!

S. Mariam



Personal Prayer

Lord,

I recognize that my prayer life is lacking, and I desire to deepen my daily conversations with You. Help me to establish a steadfast prayer habit, each and every day, so that it becomes the guiding light of my life.

Jesus, I trust in You!

Habit 2: Daily Bible Reading



“Speak Lord, your servant is listening.”

- 1 Sam 3:10

Cultivating a **Daily Bible Reading** habit is a transformative spiritual discipline. This practice goes beyond mere reading, fostering a **deeper engagement with the Scriptures**, leading to a **closer connection with God**.

Effective Bible Reading Guide



✓ Invite the Holy Spirit before you start your Bible reading

Use praise & worship songs or psalms, such as Psalm 51:10-12.

✓ Practice Lectio Divina



- **Read:** Read slowly.
- **Meditate:** Reflect on the words.
- **Pray:** Talk to God about what you read.
- **Contemplate:** Sit silently in God's presence.

✓ Embrace Silence & Reflect on Impactful Words

Spend a few minutes in silence to absorb the Word and reflect on the words that stand out or phrases that speak to you.

Habit 2: Daily Bible Reading



Practical Tips



Set a Specific Time: Choose a consistent time each day that works best for you, whether it's in the morning, or before bedtime.

Create a Dedicated Space: Designate a quiet and comfortable space where you can focus without distractions.



Combine with Prayer: Begin and end your Bible reading with prayer, seeking the guidance of the Holy Spirit.



Seek Understanding: When encountering difficult passages, use study guides, or seek guidance from a mentor or priest.



Journaling: Keep a journal to record insights, questions, and personal reflections from your readings.



Reflection Questions

- ▶ What motivates me to read the Bible, and what challenges do I face?
- ▶ How does reading the Bible impact my daily life and decisions?
- ▶ How can I ensure that I am interpreting the Bible correctly?
- ▶ What message is the Lord's quiet whisper imparting to my soul during my moments of silent reflection?
- ▶ How do I share what I learn from the Bible with others?



Habit 2: Daily Bible Reading



Testimonies From Parishioners



Since joining the Biblical Ministry two years ago, I've gone from struggling to understand the Scriptures to cultivating a daily Bible reading habit with the help of my group members.

Jimmy Augustine

When I read the Bible, God speaks to me. The Word of God comforts me, presents solutions when I am troubled, tells me not to worry but to trust God and seek first His kingdom. My faith has increased since I started reading the Bible. Praise the Lord!

Anne Yong



Personal Prayer

Heavenly Father,

Thank You, Lord, for the gift of Your Word, which illuminates our path. Today, I seek Your guidance and strength as I commit to daily Bible reading.

Grant me discipline to be consistent, wisdom to grasp Your teachings, and a heart transformed by Your Spirit. May Your Word shape my thoughts and actions, anchoring my daily walk with You.

In Jesus' name, I pray. Amen.





Habit 3: Loving Fellowship



**"You shall love the Lord your God with all your heart,
and with all your soul, and with all your mind. ...
You shall love your neighbour as yourself." - Mt 22:37-40**

God commands us to **seek first the Kingdom of God**, to love Him above all else, and to **love one another**. Loving fellowship is about **living out the love of Christ in community**, fostering relationships that reflect His love, unity, and sacrificial service.



Loving Christian Fellowship Guide



(1) Guide One Another: Help each other understand and apply the Scriptures in daily Christian living accurately. Speak Scriptural truths to foster spiritual growth in your community.



(2) Encourage One Another: Actively share your faith, provide moral support, and celebrate each other's faith journey in love and service.

(3) Uplift One Another: Inspire one another, share testimonies, and be encouraged to share your blessings and gifts for the greater good of the community.



(4) Support One Another: Stand together in times of need, remain steadfast in your shared beliefs as a community with love and respect.

(5) Forgive One Another: Be merciful and forgiving to those who hurt you.

Habit 3: Loving Fellowship



Practical Tips



Prioritize time together: Engage regularly through fellowships, social events, and BEC gatherings to remain connected.

Lend a listening ear: Give your attention and be fully engaged in conversations with others.



Greet and acknowledge one another with the warmth and love of God, both in and out of church. A smile goes a long way!

Practice mutual respect: Value and accept each other, regardless of background, and embrace everyone's uniqueness.

Be a beacon of hope by being compassionate, serving one another as Jesus did, praying and caring for others.



Reflection Questions

- ▶ How can I contribute to the fellowship within my community?
- ▶ How can I better use my gifts to serve my community?
- ▶ How has being part of a loving Christian fellowship impacted my spiritual growth and personal life?
- ▶ What are the biggest challenges I face in maintaining loving relationships within my community, and how can I address them?
- ▶ How often do I pray for the members of my community, and how can I make this a more consistent practice?



Habit 3: Loving Fellowship



★ Testimonies From Parishioners



I encountered God when I was hospitalised two years ago. God imparted a message of love to me and helped me realise that loving others unconditionally helps let go of grievances and fosters reconciliation. I'm ever grateful for my BEC's prayers and all glory to God for His powerful healing.

Joey Lee

God led me to help a woman in her desperate hour as her husband was critically ill. Out of love for Jesus, I provided emotional support, assisted with arrangements, and prayed with her, sharing God's love.

Maria Santhana



❤️ Personal Prayer

Heavenly Father,

I thank you for the unceasing gift of your immense love. Help me to be an instrument of your love through my actions and witness to your teachings. Bless me, my family and my community to continue your mission on earth through loving fellowship.

I make this prayer in Jesus' most precious name,
Amen.



Habit 4: Loving Service



"The son of man did not come to be served,
but to serve." - Mt 20:28



Loving service means **recognizing and meeting others' needs** with **compassion** and **selflessness**. Christ's life was a testament to service. He put the needs of others before His own, even to the point of sacrificing His life. As Christians, we strive to follow this example in our own lives by being the **hands and feet of Christ** in the world.

Loving Service Guide



Apply the **4-step synodal process** to our call to **loving service**:

(1) Encounter: Engage with those around you and understand their real needs in response to our changing world.

(2) Listen: Listen attentively and empathetically to determine how you can provide physical, emotional, or spiritual assistance to those in need.



(3) Discern: Seek the Holy Spirit's guidance to understand how best to serve those you've encountered and listened to, ensuring your actions align with God's will and purpose.



(4) Move to Action: After encountering, listening, and discerning, commit to serving others with love and compassion.

Habit 4: Loving Service



Practical Tips



Be Present: Spend time with those who are lonely, sick, or elderly, providing much-needed companionship and support.



Volunteering: Seek opportunities to serve in your community by assisting at events or joining ministry efforts.



Community Outreach: Participate in community programs like food drives and homeless shelters to serve the broader community.

Mentoring and Discipleship: Share your talents and experience by mentoring others or leading a discipleship group.



Financial Support: Donate generously to the church and those in need, and support charitable organizations you believe in.



Reflection Questions



- > Am I incorporating the acts of loving service into my daily life?
- > Who in my community needs my love and support right now?
- > What challenges or barriers do I face in practicing loving service?
- > In what ways can I show empathy and compassion to others?
- > How can I better emulate Christ's example of selfless service?

Habit 4: Loving Service



Testimonies From Parishioners



After serving in the army, I found joy in using my safety and security skills in the church. Blessed by God, I am committed to giving back, making this journey enriching and fulfilling.

Major (Rtd) Joseph

As the coordinator and a decade-long member of Assisi Beloved Community, my enriching journey stems from a commitment to serve others and a passion for giving my best to this calling.

Ann Trissa Thomas



Personal Prayer

Abba Father,

Thank You for the opportunity to serve in Your name, and for the love and strength You provide. Help us serve with humility, kindness, and patience, reflecting Your grace.

Guide us through challenges, reminding us of Your presence and wisdom. In success, may we give You all the glory.

Let us embody Your love, being Your hands and feet in this world. In Your holy name, we pray. Amen.



Habit 5: Faith Sharing



"Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, and teaching them to obey everything that I have commanded you." - Mt 28:19-20

Jesus calls us to be His **ambassadors**, actively sharing our faith. **We are the Church**. It is our collective responsibility to lead others to God. Continuously **pray for the Holy Spirit's gifts and guidance** in our journey of evangelization.

Effective Faith Sharing Guide



(1) "Go and make disciples of all nations"

Intentionally reach out beyond church walls to people of all backgrounds, cultures, and beliefs. Start with those closest to you - family, friends, and coworkers, before expanding your outreach through mission work.

(2) 'Baptizing them ...'

Encourage those who come to faith to take the step of baptism. Offer to walk with them through the process. If they are not ready, continue to pray for them and support their spiritual journey.

(3) 'Teaching them ...'

Lead by example. Your life is a powerful testimony. Model the teachings of Jesus in your actions, words, and decisions. Be a mentor and help others to understand and apply the teachings of Jesus in their lives.

Habit 5: Faith Sharing



Practical Tips

Live an authentic Christian life: Let your actions reflect your faith in all situations. Incorporate faith in everyday life.



Study the Scriptures and deepen your understanding of the Catholic faith, enabling you to share effectively and address misconceptions.

Pray daily and invoke the power of the Holy Spirit to open doors for starting conversations or planting seeds of God-consciousness.

Be prepared with your testimony: Have a short and clear testimony ready about how your faith has impacted your life.



Build genuine relationships: People are often more receptive to discussions about faith when there is trust and respect.



Reflection Questions

- Am I prepared and ready to be Christ's witness?
- What fears or reservations do I have about sharing my faith, and how can I overcome them?
- How do I prepare myself to address common misconceptions or questions about my faith?
- What key experiences or moments have strengthened my faith, and how can I share these with others?



Habit 5: Faith Sharing



Testimonies From Parishioners

During a trip to Beijing, I shared with a fellow traveler how my Catholic faith has strengthened and supported me, particularly in raising my autistic son. We kept in touch, and I was deeply moved when she later told me she had started attending Mass.

Helen Chin



Faith sharing began at home with my mum's stories of Jesus. Following her example, I shared my faith with friends by inviting them to our church activities and through my involvement in Jude Antoine's Youth Evangelical School. My convictions now benefit my children.

Clare Eddie



Personal Prayer



Lord, thank You for Your empowering grace. I surrender myself to You, asking that You renew and transform me. Grant me the courage to love and to be a true witness of Christ' love.

Purify my heart and mind of anything that does not please You, and fill me with Your Spirit. Guide my steps and empower me to share the gift of Your salvation with those around me.

Strengthen my faith, that I may bring glory to Your name.

In the precious name of Jesus, I pray.

Habit 6: Christian Meditation



"Be still, and know that I am God!" - Ps 46:10

Meditation **deepens our communion with God** by moving beyond sensory-level communication. It helps us **grow in the fruit of the Spirit** and in **purity of heart**. In meditation, we do not seek to think about God but to be with God. This practice brings **clarity of vision**, helping us discern God's will and live a deeper life in the Spirit.

WCCM Meditation Guide



- (1) **Choose a quiet place** where you are not going to be disturbed. Sit cross-legged on the floor or in an upright chair.
- (2) **Sit still** with your back straight and your hands resting on your lap. Gently close your eyes, relax your body and mind, and bring your awareness to the present moment. Breathe normally.
- (3) **Silently say your mantra:** We recommend the word 'Jesus', or 'Maranatha', which means 'Come, Lord.' Say the syllables in equal length. Repeat the mantra continuously.
- (4) **Let go of thoughts:** If you become distracted, gently return your focus to your mantra. Seek to remain in the presence of God.
- (5) **Conclude your meditation** by slowly returning to your surroundings. Breathe deeply, open your eyes, and sit quietly for a moment.

Habit 6: Christian Meditation



Practical Tips



Set a specific time to **meditate twice daily**, once in the morning and once in the evening. Consistency strengthens habits.

Create a dedicated space for meditation in a quiet, comfortable location free from interruptions, such as a corner of a room, a chair, or a spot in nature.



Start small by **meditating for 10 minutes** each time, gradually increasing to 20 minutes.



Keep a journal to track your thoughts, feelings, and insights. This can help you track your progress and deepen your understanding.

Join a Group: Meditating with others can provide support and accountability. Join a local or online Christian meditation group.

Reflection Questions



- ▶ How often do I take time to be still and silent in God's presence?
- ▶ What distractions or obstacles are preventing me from engaging in contemplative prayer?
- ▶ How might my relationship with God deepen if I commit to regular Christian meditation?
- ▶ How can connecting with a meditation community or group support my habit of daily meditation?



Habit 6: Christian Meditation



Testimonies From Parishioners



During the darkest time of my life, struggling with anxiety, OCD, and insomnia, I cried out to the Lord. He led me to SFA Christian Meditation sessions, where I found peace and strength.

Ramona Yuen

I was introduced to Christian meditation at a retreat with Laurence Freeman. Initially daunting, it eventually brought me a deep sense of peace. I was finally connecting with God in a deeper level. It brought a sense of calm and clarity to my everyday life.

Mally Arokiasamy



Personal Prayer

Heavenly Father,

I come before you in the stillness of my heart. Teach me to be present with you, to listen to your voice, and to rest in your love. Help me to cultivate the habit of Christian meditation, allowing your Spirit to transform me from within. Grant me patience and perseverance to seek you in quiet moments. May your peace fill my heart and guide my steps. Come, Holy Spirit.

In Jesus' name, I pray. Amen.



Habit 7: Mindful Living



"Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you." - 1 Th 5:16-18

Mindfulness is the practice of being **fully present** and engaged in each moment, consciously aware of our **thoughts, feelings, actions,** and **environment.** Through this practice, we become more attuned to God's presence within and around us, finding Him in all things!

Effective Mindful Christian Living Guide



Begin your day by inviting the Holy Spirit to walk with you and help you to be mindful of God's presence throughout the day.

Practice Ignatius Consciousness Examen (Spiritual Snacking), before lunch and bedtime. Follow this 5-step approach:

- (1) **Quiet your mind** and invite God's presence.
- (2) **Review the day with gratitude** and thank God for His blessings.
- (3) **Examine the events of the day**, pay attention to your emotions, and understand how different experiences impacted you.
- (4) **Choose one significant moment** from your day and pray about it. Allow the prayer to arise spontaneously from your heart.
- (5) **Look toward tomorrow:** Let your feelings about what is ahead turn into prayer. Seek God's guidance and help.



Habit 7: Mindful Living



Practical Tips

Stay Present: Be mindful of your thoughts, words, and actions throughout the day, seeking to honor God in all you do.



Practice Deep Breathing: Dedicate a few moments each day to focus on your breath, allowing it to center your thoughts and ground you in the present moment.



Limit Distractions: Schedule specific times for activities like checking emails or social media to reduce distractions. This keeps you focused and present in your tasks.



Gratitude Journal: Write daily in a journal about things you're grateful for. This shifts your focus from worries to blessings.



Reflection Questions

- In what ways did I feel God's presence in my life today?
- What are the specific blessings I am grateful for today?
- How did my emotions influence my actions and reactions throughout the day?
- What are my main struggles today, and what did I learn from them?
- What specific actions can I take to better align my life with God's will?



Habit 7: Mindful Living



Testimonies From Parishioners

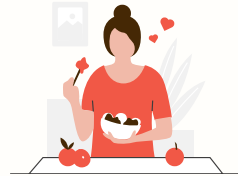


Amid a busy career and family life, I felt stressed and disconnected from my faith. Practicing mindfulness brought peace, renewed my closeness to God, transformed my spiritual life, and helped me live more intentionally.

John Sebastian

I used to rush through meals. The practice of mindful eating brought enjoyment and gratitude for food. It became a time of reflection, thanksgiving, and feeling connected to God's blessings in my daily life.

Sarah Chan



Personal Prayer



Dear Lord,

In this moment of stillness, I come before You with a heart open to Your presence. Help me to quiet my mind and center my thoughts on You. Grant me the peace that comes from trusting in You and the wisdom to live each day with intention and gratitude.

Thank You for Your constant presence and unfailing love. May my life bear witness to Your goodness and reflect Your glory.

Amen.

Habit 8: Healthy Lifestyle



“Your body is a temple of the Holy Spirit ...
So glorify God in your body.” - 1 Cor 6:19-20



We can cultivate a **Healthy Lifestyle** by caring for our physical **bodies**, nurturing our **minds**, and nourishing our **spirits**. This holistic approach leads to a balanced and fulfilling Christ-centered life.

7 Pillars of Health (by Dr. Don Colbert)

- 1 Drink at least **8 glasses of water** daily.
- 2 Aim for **8 hours** of quality **sleep**.
- 3 Consume plenty of **living food**, such as fruits, vegetables, and juice.
- 4 Engage in at least **30 minutes of exercise** daily.
- 5 Periodically **detoxify your body** through dietary adjustments, hydration or fasting.
- 6 **Supplement** your diet with **vitamins** and **minerals**.
- 7 Practice **stress management** techniques, such as meditation, deep breathing, and yoga.



Habit 8: Healthy Lifestyle



Practical Tips

Set Health Goals: Define specific goals such as drinking more water or exercising regularly. Break down larger goals into smaller, manageable steps to make them more achievable.



Create a Routine: Establish a daily schedule that includes time for exercise, meal preparation, and relaxation. Make small, sustainable changes instead of overhauling your entire lifestyle at once.

Track Progress: Keep a journal to log your journey or use health apps to monitor and stay accountable.



Seek Support: Partner with a friend or family member, or join an exercise group, for motivation and support in your health journey.

Reflection Questions



- ▶ How do I envision my life improving if I adopt a healthier lifestyle?
- ▶ What small changes can I make today to start living healthier?
- ▶ Am I mindful of portion sizes and the nutritional content of the foods I consume?
- ▶ What are some realistic ways I can increase my daily exercise?
- ▶ How can I prioritize self-care amidst my daily responsibilities?



Habit 8: Healthy Lifestyle



Testimonies From Parishioners



My journey with SFA Christian Contemplative Yoga has cultivated bonding, a healthier lifestyle, and mindful living. It has also greatly improved my ability to manage vertigo and high cholesterol.

Ramona Yuen

I began practicing QiGong at SFA in mid-2022. I learned proper breathing techniques and movements from the instructor and enjoy the friendly atmosphere and fellowship. It has boosted my energy and mental sharpness.

Vincent Liew



Personal Prayer

Father God,

Thank You for the precious gift of life. Guide me to honour You with my body, mind, and spirit. Grant me the discipline to practice the '7 Pillars of Health' daily. Strengthen me to care for myself and rely on You always. Help me find peace in Your presence amidst stress, knowing that Your Spirit dwells within me.

In Jesus' loving name,
Amen.



Afterword



The “**8 Habits of Effective Christian Living**” was introduced to SFA parishioners by Father Paul Cheong, OFM Cap, in January 2022, following his appointment as parish priest. Guided by his vision to transform SFA Church into a vibrant community of missionary disciples, Father Paul recognized that spiritual renewal must begin at the individual level. The Church is formed by the people of God; therefore, establishing a strong foundation through the renewal and transformation of each person is essential to building a truly **communitarian, participatory and missionary synodal Church**.



Much like St. Francis of Assisi, who received the call from the Lord to “**Rebuild My Church**”, we as Christians are invited to respond to a similar call in our own lives. While St. Francis initially interpreted this call literally, repairing a dilapidated church building, he soon realized that the Lord was calling him to a deeper mission - one of spiritual renewal and transformation.

Similarly, **we are called to rebuild our own spirituality** - strengthening our relationship with God and with one another, living out the Gospel, and striving to grow in holiness. Just as a dilapidated church requires care and restoration, so too does our spiritual lives, which can be worn down by the challenges of the world, distractions, and our own shortcomings.



Afterword



Renewing and deepening our spirituality involves returning to the basics of Christian living by embracing the **5 core Christian Spiritual Disciplines**: Prayer (Habit 1), Bible Reading (Habit 2), Fellowship (Habit 3), Service (Habit 4), and Faith Sharing (Habit 5).

In our pursuit of holiness, we are also called to embrace **contemplative living** through the practices of Christian Meditation (Habit 6), Mindful Living (Habit 7), and a Healthy Lifestyle (Habit 8). This holistic approach, which cares for our physical bodies, nurtures our minds, and nourishes our spirits, leads to balanced and fulfilling Christ-centered lives.



Zechariah 4:6 declares, “Not by power, nor by might, but by the Holy Spirit.” The effectiveness of these habits lies not in our own strength, but in our reliance on **God’s Spirit - the purifying fire for holiness, communion and mission**. As we strive to live out these habits, let us invite the Holy Spirit to be our guide, teacher, and companion. In doing so, we will encounter God and discover **holiness in the ordinariness of our daily lives**.



Embrace intentional living by allowing these habits to shape our thoughts, actions, and relationships. **Share them with others** so that, together, we can build a vibrant community of effective missionary disciples who live out the Gospel with joy and conviction!

Acknowledgments

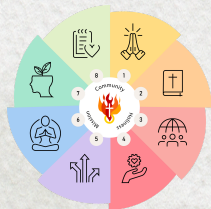


This **8 Habits booklet** is a testament to the grace of God, whose presence has guided and sustained us every step of the way. We give thanks to the Holy Spirit for providing us with the gifts of wisdom, knowledge and counsel throughout the writing and editing process. Without His divine inspiration, this work would not have come to fruition. It is our prayer that the 8 Habits continue to serve as a **guiding star for all Christians** on their journey of discipleship.

We would like to extend our heartfelt gratitude to the following individuals and groups whose contributions have made the creation of this booklet possible:



- **Father Paul Cheong**, OFM Cap, for his spiritual guidance and for introducing the 8 Habits of Effective Christian Living to our SFA community.
- **Our team of parishioner writers:** Brian Anthony, Joseph Wong, George Ramiah, Danny Nesan, Tessie Lim, Jason Lee, Madelene Ong, Christina Ng and Anne Ng. Their dedication, time, and collaborative effort have brought the 8 Habits to life, and their insights have enriched this work.
- **Our team of editors:** Catherine Chan, Isabel Lee, and Anne Ng, for their invaluable contributions in refining this booklet.
- **SFA parish community**, who have embraced the 8 Habits and continually strive to live out these principles in their faith journey.



Lastly, to all who have taken the time to read and reflect on the 8 Habits, may this booklet serve as a tool to deepen your relationship with Christ and inspire you to **live an intentional life of Christian discipleship**.



The **8 HABITS** *of* Effective Christian Living



1	DAILY PRAYER <i>(Mk 1:35)</i>	5	FAITH SHARING <i>(Mt 28:19-20)</i>
2	DAILY BIBLE READING <i>(1 Sam 3:10)</i>	6	CHRISTIAN MEDITATION <i>(Ps 46:10)</i>
3	LOVING FELLOWSHIP <i>(Mt 22:37-40)</i>	7	MINDFUL LIVING <i>(1 Th 5:16-18)</i>
4	LOVING SERVICE <i>(Mt 20:28)</i>	8	HEALTHY LIFESTYLE <i>(1 Cor 6:19-20)</i>

Renew us, O Lord, in your Spirit of Holiness, Communion & Mission!