

Habits Who Before Do

TALK IT OVER

Key Scriptures

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. ... I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ... Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. ...
Romans 7:15, 18-19, 24-25 NLT

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 NIV

We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin ... Now you are free from your slavery to sin, and you have become slaves to righteous living. Romans 6:6-7, 18 NLT

Start talking. Find a conversation starter for your group.

- If you could wave a wand and make this year different from last year, what two or three things would you magically change?
- What's one new habit you want to start? What's one old habit you want to stop?

Start thinking. Ask a question to get your group thinking.

- Which is more difficult for you: making a habit or breaking a habit? Why do you think that is?
- What's a positive habit you do occasionally that you'd like to do consistently?

Start sharing. Choose a question to create openness.

- Read Romans 7:15-25. How can you relate with the Apostle Paul? How has the power of Jesus set you free from this cycle?
- Use three words to describe the kind of person you want to become.
- What's a "who" goal that you want to put into place this year? What are some systems that would help you reach it?

Start praying. Be bold and pray with power.

God, we can't do any of this without You. Thank You for showing us the places we can grow to become more like Christ. Holy Spirit, we need Your power to break off old habits and start new ones. We pray this by the powerful name of Jesus. Amen.

Start doing. Commit to a step and live it out this week.

- Use our new guide to making and breaking habits: www.life.church/dailyhabits
- Start your year with a Bible-reading habit: www.go2.lc/habits

Habits Starting

TALK IT OVER

Key Scriptures

Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. Daniel 6:3-4 NIV

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Daniel 6:10 NIV

Do not despise these small beginnings, for the LORD rejoices to see the work begin. ...
Zechariah 4:10 NLT

Start talking. Find a conversation starter for your group.

- What does your daily routine look like? Are there things you do so often, you don't remember doing them?
- Which of your systems are working well? Which need some work?

Start thinking. Ask a question to get your group thinking.

- Read Daniel 6:10. Which system did Daniel turn to? Which system do you think you would've turned to?
- Why do you think God cares about our small choices?

Start sharing. Choose a question to create openness.

- Read Zechariah 4:10. How will you start small this week?
- What's a cue and action you'd like to put into place? "I will do ____ after I ____."
- Based on who you want to become, what's one habit you want to start?

Start praying. Be bold and pray with power.

Father, thank You for Your Word and the examples of people like Daniel, whose lives encourage us to become more like Your Son day after day. Guide and support the next small steps we take. In the name of Jesus we pray, amen.

Start doing. Commit to a step and live it out this week.

- Discuss as a group how you can support each other as you put new habits and systems into place.
- Use our guide to making and breaking habits:
www.life.church/dailyhabits
- Start your year with a Bible-reading habit: www.go2.lc/habits

Habits Stopping

TALK IT OVER

Key Scriptures

One day Samson went to Gaza, where he saw a prostitute. ... Judges 16:1 NIV

So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you. James 1:21 GNB

Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way. Proverbs 4:14-15 NIV

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20 NIV

Do not be misled: "Bad company corrupts good character." 1 Corinthians 15:33 NIV

Do not despise these small beginnings, for the LORD rejoices to see the work begin ... Zechariah 4:10 NLT

Start talking. Find a conversation starter for your group.

- What new habit is God leading you to focus on? What's working well? What's been difficult?
- Share a story of a friend influencing you to do either something great or something not-so-great.

Start thinking. Ask a question to get your group thinking.

- Read Proverbs 4:14-15. How would you apply this to your life today?
- Think of the last time you broke a habit. What worked? What didn't work?

Start sharing. Choose a question to create openness.

- Based on who you want to become, what habit do you want to break?
- Look down the road. Where could you end up if you don't break a bad habit?
- What are some triggers you can interrupt? What's something healthy you can do instead?
- Read Proverbs 13:20. Who are the wise people you want to ask for help? When will you do it?

Start praying. Be bold and pray with power.

Father, by Your grace You've made it possible to take small steps back to You. Holy Spirit, please guide us as we overcome bad habits and, by Your power, become more like Jesus. Thank You for all that You do for us. In the name of Jesus we pray, amen.

Start doing. Commit to a step and live it out this week.

- Ask the right people to help you break your habit. It's good to get professional help if you need it. Do whatever it takes to let God work in you.
- Use our guide to making and breaking habits: www.life.church/dailyhabits
- Start your year with a Bible-reading habit: www.go2.lc/habits