

IF YOU SAY SO

TOM LUNDEEN, SENIOR PASTOR

WEEK THREE - SEPTEMBER 22, 2019

Habits matter so much because people who are effective do _____ what other people do occasionally at best.

Our _____ will make us or break us. (Covey)

Habits always serve some kind of biological, spiritual, or practical _____.

_____ % of what we do every day is habitual (Duke University study).

1. Why are Good Habits _____ to Develop and Bad Habits _____ to Break?

Habits are formed when you consistently meet an _____ need with a chosen behavior.

At the root of many habits is an _____ issue.

So even bad habits _____ us (even though it's not a good _____).

2. What Does _____ Want Us to Know About Our Habits?

A. Bad Habits are Bad _____ - we tend to start bad habits out of a desire for personal _____...(note I John 2:15-16; Ephesians 2:3; Proverbs 27:20) ...anything/anyone except God is a _____ master (note Romans 6:16, 20:21; I Corinthians 6:12).

B. T _____ is not from God (note James 1:13).

C. I _____ is a bad habit

—why the Big 3 is so important

- Note Hebrews 10:24-25

— “_____” = “ethos”

= something that’s become a _____, something

prescribed. God knows that connecting to God’s family in habitual ways is a good habit that is like good _____.

**THE
BIG3**



COME EVERY SUNDAY



BE PART OF A GROUP



SERVE OTHERS

D. Good _____ Habits are from God—

Note Genesis 1-2. _____ modeled good habits

(note Luke 4:16; 5:16; Mark 10:1). _____

also had good habits (Acts 17:2a).

Note II Timothy 1:7

E. Bad Habits are not A _____ -P _____

- “Habit _____” (Duhigg, *The Power of Habit*)

- it can feel endless and _____-proof.

But God provides a _____

(Note I Corinthians 10:13).

What kind of “creature of habit” does God want to shape my life into?:

• What are some good habits God has helped you develop already?

• What are some unhealthy habits in our lives?

• Where do you feel stuck in a bad “Habit Loop”?

• Are you recognizing that a bad habit (s) isn’t leading you into freedom, but that they are actually bad masters that have you _____?

• Is _____ a bad habit (and what parts of the BIG 3 need to become a healthy habit in your life)?

• It’s time to embrace God’s gift of good habits.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!

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WEEK THREE - SEPTEMBER 22, 2019

Habits matter so much because people who are effective do consistently what other people do occasionally at best.

Our habits will make us or break us. (Covey)

Habits always serve some kind of biological, spiritual, or practical purpose.

40% of what we do every day is habitual (Duke University study).

1. Why are Good Habits Harder to Develop and Bad Habits Harder to Break?

Habits are formed when you consistently meet an important need with a chosen behavior.

At the root of many habits is an identity issue.

So even bad habits reward us (even though it's not a good reward).

2. What Does God Want Us to Know About Our Habits?

A. Bad Habits are Bad Masters - we tend to start bad habits out of a desire for personal freedom...(note I John 2:15-16; Ephesians 2:3; Proverbs 27:20) ...anything/anyone except God is a harsh master (note Romans 6:16, 20:21; I Corinthians 6:12).

B. Temptation is not from God (note James 1:13).

- C. Isolation is a bad habit
—why the Big 3 is so important
- Note Hebrews 10:24-25
— “habit” = “ethos”
= something that’s become a custom, something prescribed. God knows that connecting to God’s family in habitual ways is a good habit that is like good medicine.



- D. Good Daily Habits are from God—
Note Genesis 1-2. Jesus modeled good habits (note Luke 4:16; 5:16; Mark 10:1). Paul also had good habits (Acts 17:2a).
Note II Timothy 1:7
- E. Bad Habits are not All-Powerful
- “Habit Loop” (Duhigg, The Power of Habit)
- it can feel endless and escape-proof.
But God provides a way out
(Note I Corinthians 10:13).

What kind of “creature of habit” does God want to shape my life into?:

- What are some good habits God has helped you develop already?
-

- What are some unhealthy habits in our lives?
-

- Where do you feel stuck in a bad “Habit Loop”?
-

- Are you recognizing that a bad habit (s) isn’t leading you into freedom, but that they are actually bad masters that have you enslaved?
- Is isolation a bad habit (and what parts of the BIG 3 need to become a healthy habit in your life)?
- It’s time to embrace God’s gift of good habits.

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WEEK THREE DISCUSSION GUIDE

IF YOU SAY SO

WEEK OF SEPTEMBER 22, 2019

It's Week Three of the All-Church Spiritual Journey! We trust God is helping you to see the areas of your life He wants to transform as you begin to look at what kind of creature of habit you are...or want to become.

Take some time this week to catch up on any days you've missed and if your schedule allows, take some time with the Bonus Materials. We trust they will help you as you begin to form new habits.



DISCUSSION GUIDE

Icebreakers: What's your best back to school memory, either from your childhood or as a parent? iPhone, Android or other, and why?

Best thing about fall (excluding Pumpkin Spice Lattes) is...?

Watch this week's intro video before answering the questions below. You can find the video at myrc.link/SGvideos or use this QR Code:



- 1** Pastor Tom quoted a Duke University study about the purpose of habits being biological, spiritual or practical. What are some of the habitual practices of your life, and what purpose do they serve?
- 2** Read 1 John 2:15-17. What are the pros and cons of going our own way (bad habits) vs. God's way (good habits), and how has that truth played out in your life?
- 3** We're all happy to play the victim and blame our shortcomings or bad habits on others, but who does James 1:13 tell us is ultimately responsible for those things? How is that truth shaping how you live?
- 4** Read Hebrews 10:24-25. Why is it beneficial to obey God's command to avoid isolation from His body, the church? How has engaging in the BIG 3 helped encourage you in forming good habits?
- 5** Pastor Tom referenced the good habits of both Jesus and Paul. What are some other examples of good habits from the Bible that you can think of, and how can these all help you in deciding what you will make habitual behavior?
- 6** 1 Corinthians says *"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."* 1 Corinthians 10:13 (NLT) How can this help you in dealing with the "Habit Loop" that Pastor Tom described?
- 7** How did God prompt you to respond at the end of the message on Sunday regarding good habits, unhealthy habits or "Habit Loops?" What about isolation and engaging in the BIG 3? How can we help you take healthy next steps in these areas?