

WEEK 3 – Habits of the Home

Brian Flewelling
September 27, 2026

WORSHIP

Begin your group with a time of worship. If someone in your group can lead worship, invite them to lead two or three songs. Alternatively, consider using one or more of these songs from our Sunday morning worship time:

- **Miracles** (*Kari Jobe*)
- **How Awesome** (*The Belonging Co.*)
- **I Believe** (*Phil Wickham*)

SCRIPTURE REFERENCES

- Deuteronomy 6:6-9; 18:9
- Exodus 31:13
- Psalm 1:1-3

OPENING PRAYER

ICE BREAKER

What is one habit or family tradition from your childhood -- big or small -- that you still think about today? What made it stick with you?

OVERVIEW

This week's sermon explored how God designed everyday rhythms, rituals, and routines to embed His values into our families and communities. Just as Jesus was shaped by the habits and traditions of Jewish life, our families are formed by the habits we practice together. The habits of our homes are not one more thing to add to our to-do lists -- they are a lifestyle of connecting our family's story into God's story.

KEY TAKEAWAYS

1. Habits build identity and ecosystem.
 - The practices we repeat consistently define who we are as a family and create the environment in which our values either grow or wither. God established Sabbath as a sign and covenant with His people precisely because regular, repeated practice shapes belonging and identity.
2. Habits build life-giving traditions for our communities.
 - Shared rituals create joy, thanksgiving, and connection. From Communion to anniversary celebrations to family game nights, traditions anchor us to what matters most and give us touchpoints of meaning we return to again and again.
3. Habits help us remember and memorialize God's story.
 - God instructed Israel to live in temporary shelters during the Feast of Tabernacles so that future generations would remember His faithfulness. Our habits of storytelling, Scripture, and celebration keep the memory of God's work alive in our households.
4. Habits train us to desire the right things.
 - What we practice consistently trains our appetites. Just as a hummingbird learns which feeder to return to, our habits teach us where to find joy, comfort, and satisfaction -- either in God or in substitutes.
5. Habits develop our spiritual muscles.
 - Spiritual growth requires our own effort and engagement. When we make spiritual disciplines a consistent habit, we build the strength to bear fruit in every season.
6. It is not a value until it is a habit. Consistency is the mother of mastery.

DISCUSSION QUESTIONS

Section 1: Habits Build Identity

In Deuteronomy 6:6-9, God instructs His people to let His commandments permeate every space and every moment -- at home, on the road, lying down, and rising up. Pastor Brian described this as a dye that colors everything.

1. When you hear the phrase "habits of the home," what is your honest first reaction? Do you feel inspired, overwhelmed, or somewhere in between? Why?

2. Jesus was shaped by the daily, weekly, and annual rhythms of Jewish life -- prayer, Torah, festivals, and rites of passage. What habits or rituals shaped your own spiritual identity growing up? Were they intentional or accidental?
3. God established the Sabbath as a sign and covenant with His people, as described in Exodus 31:13, where He connects Sabbath observance to holiness and generational identity. What does it say about God that He tied identity not to a belief statement alone but to a repeated practice?

Section 2: Habits and the Weight of What We Carry

Pastor Brian shared the story of his friend Ryan, whose body still carries the emotional memory of trauma from his teenage years -- triggered decades later by an ordinary sound his wife made. The habits of Ryan's childhood home left deep grooves in his nervous system, for harm rather than for health.

4. Ryan's story illustrates that habits shape us whether we choose them intentionally or not. What habits -- healthy or unhealthy -- did your family of origin pass on to you that you are still working through today?
5. God repeatedly calls His people out of the practices of surrounding cultures, as seen in passages like Deuteronomy 18:9, where He warns against imitating the ways of other nations. Where do you feel the greatest cultural pressure pushing against the habits you want to build in your home?

Section 3: Habits That Cultivate Joy and Remembrance

6. Pastor Brian highlighted the habit of a couple who celebrate Communion together every year on their wedding anniversary. What strikes you about that practice? What would it mean for your household to attach a meaningful spiritual ritual to an existing celebration?
7. Psalm 1:1-2 describes a person whose delight is in God's Word and who meditates on it continually. Pastor Brian used the image of a hummingbird returning to a feeder -- habits train us on where to find joy. Where do the habits of your household currently train you and your family to go for comfort, entertainment, or refreshment? Are you satisfied with that answer?

Section 4: Building Spiritual Muscle

8. Pastor Brian illustrated spiritual muscle with the example of a child learning to read: "Until you do it, someone else is always doing it for you. It's their muscles getting the workout, not yours." What spiritual habit do you currently rely on others to carry for you that you sense God calling you to develop personally?

9. Psalm 1:3 describes the person who meditates on God's Word as a tree planted by streams of water -- fruitful, stable, and not withering. What does that kind of rootedness look like practically in a family or household? What would have to change in your current routines to move toward it?
10. Pastor Brian offered this challenge: "If you struggle with something, make it a habit." What is one area of spiritual struggle in your life or home that you have been avoiding rather than building a habit around?

PRACTICAL APPLICATION (10 Mins)

This week, choose at least one of the following to discuss with your spouse, a family member, or a trusted friend -- and then take one concrete step toward putting it into practice.

Identity Habits

- Identify one regular window of time -- a car ride, a meal, a walk -- where you could begin having intentional spiritual conversations with someone in your family or household.
- Consider starting a practice of gathering around family members on their birthdays to speak blessings and affirmations over them.

Joy and Tradition Habits

- Choose one existing celebration or annual event and attach a simple spiritual ritual to it - a prayer, a Scripture reading, or a moment of gratitude and remembrance.
- Introduce a "highs and lows" conversation at dinner this week. Ask: What went well today? What did not go well? How did that make you feel?

Remembrance Habits

- Place a Scripture verse somewhere visible in your home -- on a mirror, a doorframe, or the refrigerator -- and commit to reading it aloud together for one week.
- Find one way to tell a story from the Bible or from your own faith journey to a child or younger person in your life this month.

Desire and Discipline Habits

- Identify one unhealthy habit in your household and brainstorm one enjoyable substitute that moves your family toward connection or faith rather than away from it.
- Try a screen-free Sabbath for one day this week. Notice what fills the space.

Spiritual Muscle Habits

- Link prayer to something you already enjoy -- a morning walk, a cup of coffee, a drive to work -- and practice it every day this week.
- Begin memorizing one Scripture verse together as a household. Use a meal or a bedtime routine as the anchor point.

Closing Thought and Prayer

Pastor Brian closed the sermon with this prayer:

"Lord, we commit our families and family habits to you. Come into our homes, schools, cars, and activities and shape our conversations. May your Word be a lamp to our feet. May your prayers be on our lips. May your joy be in our hearts. And may your love shape our activities, in Jesus' name, Amen."

Take a moment as a group to sit with that prayer. Then invite group members to share one habit -- just one -- that they want to begin or strengthen in their home before you meet again. Close your time together by praying for each person's specific intention.

Next Week — Week 4: Care Giving. Pastor Brian Coles will be moving from Habits to Care Giving.