



Read Ephesians 4:31-32

9. What are some of the ways this passage fits with the “Habit Loop?”

10. Based on this passage, what should be our motivation for changing our negative habits into positive ones?

11. Is it possible, that the constant encouragements of, “Go to church, read your Bible, pray, and others that are similar have more to do with helping to instill positive habits, rather than just nagging? (Not to say anything of the positive modeling it does for your children, etc.) Just saying.

Response - Practical Steps for Getting Unstuck!

1. What is one habit in your life that you learned very young and are thankful for today?

2. Is there a negative or unhealthy habit that continues to plague you? What is the single largest hurdle in defeating it? What could you do today to begin dealing with this habit?

Life Group Study Notes

Good habits that are formed early become a positive lifetime investment. But what of those other habits, the ones that are difficult to break and keep you from gaining traction or momentum for the things you would love to change? In this message we look at habits, and the power they have to control our lives.



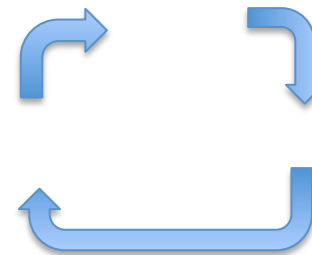
Study – Discovering What the Bible Says?

1. What was the big takeaway for you from last week's study? Why?
2. What is the most habitual (disciplined) thing you do in your life? How did you start it?

Read 2 Peter 2:12-22

3. Who are the "they" that Peter is talking about in this passage? What are "they" guilty of?
4. What warnings does Peter give to those who are believers?

5. Verse 19 is a pivotal verse. How are we to understand the nature of freedom as Peter defines it here?
6. Verse 22 conveys a biblical proverb (Prov 26:11) and a cultural saying from the book of *Ahiqar*. What do these teach us about the power of habit?
7. What is "The Habit Loop?" Explain its elements. (This comes from the book, *The Power of Habit* by Charles Duhigg)



8. What were the additional 4 points given in the message and expand on each?
 - a. Some habits are a _____
 - b. A negative habit is a _____
 - c. What gets _____
 - d. Habits typically _____
 - i. When we are _____
 - ii. When the _____