"The Upside of Habits"

Getting Started

What Netflix show do you habitually watch?
What is the best habit you currently practice?
What is one habit that you would like to get rid of?
What habit do other people have that you find particularly annoying?

Going Deeper

What is a situation that you find yourself in where you say to yourself, "Some things never change?"

Take a moment to read the following verses and write why God would never look at us and say "Some things never change."
2 Corinthians 5:17
2 Corinthians 3:18
Psalm 103:2-5

Why would God never say about us "Some things never change?"

Daniel: A habit case study

If you grew up in church you probably Daniel's story. According to The Top Ten's website, the story of Daniel in the Lion's den comes in at number nine on our bible countdown between Jonah and the Whale and Noah and the Ark. Around 600 BC the nation of Babylon attacked Jerusalem and defeated the Israelite armies. To demonstrate his dominance over Israel, Nebuchadnezzar, the king of Babylon, took many of Jerusalem's wisest men and most beautiful women as captives. Daniel was among this group chosen to be leaders in Babylon.

Take a moment to read Daniel's story in Daniel 1:8-20.

• What character qualities did Daniel have that allowed him to develop positive habits?

- What benefits did Daniel reap by holding to his convictions?

- What character qualities do you think are most important to have if you are going to develop positive habits?

On Sunday we talked about three common characteristics of people who develop healthy habits. Which one do you feel challenged to work on in your life?

- The drive to do what's right is stronger than the pull of the habit
- The drive to follow God is stronger than the devastation life throws at them.
- They choose God habits not just goal habits

If you want to find specific goals you can set to start some new habits take Canyon Springs lent challenge.
You can find information on "Exploring the Lent Season" on our Facebook Page and our website.