



Habits week 2. January 7 2018.

Announcements

January 14th Baptisms. -Contact the office (Info night January 10th 6:30)
Kidville Grow starts January 17th Kemptville Campus
101 class January 21st 9:45 AM at Kemptville Campus.

Follow up

1. What habits fill your day? Is there a habit you have that is unique?

Connect

1. Did anything stand out to you from the teaching this Sunday?
2. Did you make a new years resolution? Has anyone tried to implement a habit and failed?

Engage

1. Maintaining a good habit and persevering with it is the hardest part. What has anyone found helpful in sticking with a habit?
2. Pastor Aaron gave us a hint to a vision or a 'why' when he said "We form habits and then habits form us." Does the idea of having a vision of being formed help with a habit?
3. Jesus had habits that formed and maintained who he was. Can you list any of them? What habits of Jesus' do you implement?
4. We were given these few steps regarding habits: 1. Have a plan 2. Don't go into it alone 3. Receive grace; On a piece of paper write down a few habits you wish to break and one you wish to make. How do the three steps look regarding one of the habits?
5. Read Hebrews 10:23-25. Do you see the three steps in the passage?
6. Read Titus 2:11-12. How does grace affect habits?

Next Steps

1. Choose one of the habits that Jesus practiced that you would like to begin. Make a plan to incorporate that habit into your life.
2. One way people succeed in forming into Christlikeness is with a partner that holds them accountable. Do you have one? Is there a partner from lifegroup you could meet with? Or pray that God would send someone into your life.
3. The Bible app mentioned by Pastor Aaron can be found at: <https://www.youversion.com>

Bottom Line

We form habits and habits form us.

Pray

What are three things in your life that you can pray for? Make a habit this week of spending 2-5 minutes praying for your three things.

Study

This week read Colossians 3:5-17 (2 minutes) try to get one take away.