

## **January 14, 2024 - Habits that Last**

We are looking at how each of us can set new patterns in our lives that allow us to flourish as followers of Jesus.

**Suggested Scripture: Philippians 4:4-9;**

**See also Matthew 13:31-32; Colossians 3:1-17**

1. Are there things in our culture that many people care about that you do not care about at all? If so, what? (Examples could be what you spend your money on, where you spend your free time, etc.)
2. In the last decade, in what ways have you changed the most? Also, can you describe how a positive habit was built in your life?
3. Philippians 4 is the concluding section of Paul's short letter to that community. In verses 4-9, what things does Paul say to do? List them out and notice the kinds of behaviors he commends.
4. Paul says, "Do not be anxious about anything" (verse 6). In what ways can anxiety prevent us from developing positive habits? Can good habits lessen anxiety?
5. Notice verses 8-9 and the repetition of the word "whatever." What are we told to do in this passage? What will be the end result, according to Paul?
6. Has another person ever helped you to set better habits in your life? Describe what happened.

7. How can the church more fully become a community in which people build habits and virtues that bless others?
  
8. Do you have an intention to build a new habit in 2024? Do you have a plan for overcoming any setbacks? (Feel free to share or not share.)

## **January 7, 2024 - Habits that Last**

We begin this new year by looking at how each of us can set new patterns in our lives that allow us to flourish as followers of Jesus.

### **Suggested Scriptures:**

**Matthew 13:31-32**

**Colossians 3:1-4**

**Philippians 4:8**

**Romans 12: 2**

1. Are you a person that sets New Year's resolutions?
2. How effective are you in keeping your resolutions?
3. Why is it difficult for people to maintain their resolutions?
4. Think about a resolution or habit that you have kept? What steps or patterns did you put in place to help you be successful in keeping your resolutions?
5. What could happen if we shifted our mindset from simply achieving a goal to putting into place smaller habits that make us better? What could happen if we saw our daily habits as achieving our goals or resolutions?
6. James Clear, in the sub-title of his book, *Atomic Habits*, says, "Tiny Changes, Remarkable Results." Jesus said, **"The kingdom of heaven is like a mustard seed. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree"** (Matthew

**13:1-2).** How can you break your resolutions or goals down into small, daily actions that will yield, over time, remarkable results?

7. James Clear says, “Every action you take is a vote for the type of person you wish to become.” How can you begin to take action today on positive and healthy habits?
8. Several New Testament Scriptures focus upon a shift in mindset (see Romans 12:2, Philippians 4:8, and Colossians 3:1-3). How does a change in mindset transform our thinking? How does it reinforce healthy habits?
9. If you haven’t done so already, select a Star Word and a Scripture verse that you can meditate upon in the new year.