



Breaking bad Habits Lesson 1 Questions

The Good Habit

1. Jesus led by example in creating a special place where he would go to pray (Mount of Olives).

Have you developed a daily Habit of spending time with God in Prayer?

If so, what is your routine? Do you go somewhere special like Jesus did? Do you have a certain time of day?

If you have not developed a daily Habit, what plan can you make today? What space of time can you devote to prayer within your day?

2. In the lesson we learned that, *"We are as close to God as we want to be. If we want a closer, deeper relationship with God, then we need to spend more time with Him."*

Why is it important to create the habit of speaking to God, and seeking his will daily and not just congregationally in a church setting? Why is it vital to spend private and personal time with God?

3. This lesson prompted us not to, *"do nothing, simply because you can't do a lot."*

What has stopped you or limited you from giving or serving more in your church?

What area's could you possibly consider working/serving in, in order to grow deeper this year?

If you are already serving, in what area could you give more to or grow deeper in?

4. John 1:4 "And the Word became flesh, and lived among us..."

We cannot know God apart from His Word...

In what ways does reading and studying God's word (the Bible) help us to know God?



Breaking Bad Habits Lesson 2 Questions

Breaking Bad Habits

1. The end of the lesson gave us this truth, “If we don’t pay the price for FREEDOM, we will end up paying the price for BONDAGE. Either way we pay a price because God’s law says that we reap what we sow.”

Do you feel that your current daily habits free you to live your best life, or tie you up in an uncomfortable place? What sacrifice can you make in order to obtain a better outcome?

2. “If you want to break a bad habit, you must BELIEVE that it’s possible. If you try to conquer it while your thoughts and words are filled with doubt and unbelief, you are not likely to experience victory.”

What negative thoughts or words do you use towards yourself when you’re faced with your bad habits? How can you change your thoughts or words into positive declarations in order to break down the bad habit?

3. There is also wisdom in consulting with God, and trusted believers before acting on our own.

Why is it valuable to seek Godly council before making life decisions?

4. Examine yourself and learn what causes you to do the behavior you want to be free from.

What provokes you?

Does stress or some negative emotion cause you to turn to your bad habit? Do you do it when you are lonely? Do you do it when you are bored? Is your bad habit connected to some other activity you do? Is it connected to certain people?

5. The lesson states that being focused is an extremely important component to breaking a bad habit.

What is **one** area that you can focus on improving, starting this week?

Breaking bad Habits Lesson 1 Questions

Thoughts, words, and Habits

1. When forming habits, how do our words influence our actions? How closely related are words to forming or establishing good habits?
2. When forming good habits we must learn to speak (aloud) based on **what we truly want**, and not **how we feel**. What are the results of speaking based on our feelings and not on what we want?
3. God's word teaches us to cast down or refute wrong thoughts. Share ways that you have prevented wrong thoughts from sabotaging good habits or intentions.
4. We have two parts to our being – our spirit and our flesh (carnal person). What are spiritual habits that can be neglected by carnal thoughts or speech?
5. Verbal affirmation and positive thinking help us cast away negative thoughts and speech. How does memorizing God's word enhance this practice? What is the difference between positive thinking and meditating on God's word?

Breaking bad Habits Lesson 4 Questions

The Responsibility Habit

1. In our lesson, we learned that taking responsibility for our actions is possibly one of the most emotionally painful things that we face in life. Why is this true?
2. Share of a time when you have taken on responsibility (financial, educational, spiritual, relational, etc) that challenged you. Whether successful or unsuccessful, what did you learn from it?
3. Integrity is the quality of being honest and having strong moral principles. What role does integrity play in taking responsibility for our actions?

5 Steps to Stop Making Excuses:

1. **Face the Truth:** The first step in dealing with any bad habit is to admit that you have a problem.
 - **James 5:16** – “Confess your faults one to another that you may be healed.”
 - o Do you have someone in your life that you can “face the truth” with? Who is that person?
2. **Set Realistic Expectations:** Before you make any commitment – even a small one – ask yourself if you truly believe you can and will follow through.
 - **Matthew 5:37** – “Let your ‘yes’ be ‘yes,’ and your ‘no’ be no.”
 - o How have you exercised the power of “No” to be more responsible to your commitments?
3. **Stop Complaining:** As long as we complain about the things we need to do, we are likely to find excuses not to do them.
 - **Philippians 2:14** – “Do all things without grumbling or questioning.”
 - o What effect does complaining have on our habit of responsibility?
4. **Be Aggressive:** Don’t procrastinate in taking care of your responsibilities. It is often best to do the things first that you like the least.
 - **Proverbs 13:4** – “The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.”
 - o What lessons have you learned (possibly the hard way) by procrastinating or putting off responsibilities?
5. **Search for Solutions:** Instead of complaining and making excuses for not doing something, use your energy to find a solution to your obstacle so you can meet your responsibility.
 - **Philippians 4:13** – “I can do all things through Christ who strengthens me.”
 - o Share of a time when you found a solution in order that you may be responsible to your commitments.



Breaking bad Habits Lesson 5 Questions

The Habit of Excellence

1. Is the following statement true? “Excellence honors God and inspires people.”
 - Why does it honor God?
 - Why does it inspire people?
 - Can you think of a product, service, or brand that you deem excellent? (Everyone share one and why)

2. Is there a difference between excellence and perfection? Explain . . .

3. What could you do to remind yourself to do what you do with excellence?

4. What obstacles to excellence do you face in your personal life?
 - How could you overcome them? (Everyone share one example.)

5. To form the habit of being excellent, you need to develop some kind of system to help you remember to press beyond mediocrity.
 - What type of system could you implement to remind yourself to live a life of excellence?
 - What could you do to improve your relationships toward excellence?
 - How could you be a more excellent worker or student?
 - How could you be a more excellent Christian?



Breaking bad Habits Lesson 6 Questions

The Emotional Habit

1. How does self-pity harm those who indulge in it?
 - What are the signs of a person sinking in self-pity?

2. The bible teaches us clearly that we are to control our temper.
 - RD Psa 37:8 - Cease from anger and forsake wrath; Do not fret—it only causes harm.
 - What is one thing you can do to control your temper / anger? (Each member share one)

3. When we are upset, we react one way, when we are discouraged, it may be another way.
 - How can you react in a healthy way when you are upset or discouraged?

4. How does the bible describe “the broken-hearted”? Ans: Rejected, abandoned, abused, who feel they have no value.
 - Give a bible story or real-life example of a broken-hearted person that Jesus healed and restored.

Optional:

5. Do you have a harmful habit that is the result of an emotional wound?
 - What steps did the teaching give for healing?
 - Identify the cause of the harmful habit.
 - Take the pain to Jesus in a prayer for healing.
 - Understand it takes time to heal – it requires perseverance and suffering with the symptoms.
 - Keep trusting God’s power to heal and eventually joy will follow.

Close with prayer for courage to face harmful habits and emotional healing.