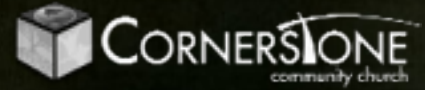


## Week 4 Your Habits

# small things BIG DIFFERENCE



## LifeGroup Discussion Guide

### How to use This Guide:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

### Our Main Idea:

Discipline is choosing between what you want now and what you want most.

### Key Questions:

- Are you a disciplined person or a non-disciplined person?
- Where in life are you most lacking in discipline? How has that affected you?
- With your Bible or Bible App, read and discuss Romans 7:15-25 and 1 Corinthians 9:24-27
- What are some of your keystone habits? Which keystone habits might you need to start?
- What things might hinder you from being disciplined? What do you need to do to address these distractions?
- Aristotle said that you are what you repeatedly do. How have you experienced the truth of this statement?

### Next Steps:

- What's your first step to do the one thing you need to do now to have what you want most?

### Bible Reading:

Take time to read and meditate on these Scripture passages this week

- **Day 1:** Romans 7:7-25
- **Day 2:** 1 Corinthians 9:24-25
- **Day 3:** 1 Corinthians 9:26-27
- **Day 4:** Proverbs 25:28
- **Day 5:** Galatians 5:22-23
- **Day 6:** 2 Timothy 1:7
- **Day 7:** Titus 2:11-14

### Experience

Your Relationship with God

Do you focus more on change or transformation? In what areas of your life do you see true transformation?

### Equip

Your Relationship with Others

How can you encourage others to stick with their new habits? Will you allow them to help you with accountability?

### Engage

Your Relationship with the World

How will your 30-day challenge to start a new habit effect the world around you?