



# LEADER GUIDE

**Good**  
CHRISTIAN

**Bad**  
HABITS

## MAIN POINT

Discipline will help you get where you want to go. Spiritual discipline has value for now and for eternity and will be what changes your life for the better.

## LEADER NOTES

Last week, we talked about how you could appear as a good Christian, but have bad habits that are holding you back. We all have dreams and goals, but most of us aren't taking the steps we need to achieve them. Those steps often look like physical disciplines, but according to 1 Timothy 4:8, if we work towards Godliness (spiritual discipline), it has value for today (goals) and our eternity (our future in Heaven).

## DISCUSSION

// Let's talk about our challenge from last week. Have you read 10 minutes each night and prayed each day?

-If yes, then AWESOME! How has your week been regarding your walk with God?

-If no, then why not? What kept you from being disciplined?

// What are some "ers" you have? Why do you have them?

// What would it take for your "er" to be realized?

// Read 1 Timothy 4:8. Remember what we stewed on? Godliness holds value both now and forever. Godliness = Spiritual Discipline. So what would it take for you to realize that "er"?

-Keep your priorities in order (ie. spiritual discipline FIRST)

// Read Galatians 5:19-23. These fruits come with DISCIPLINE.

// How will you be SPIRITUALLY DISCIPLINED this week? Write it down.