

## The Power to Change—3

### Holy Habits

**Hope alone won't change your life. Habits will.**

- **Most of what you normally do isn't the result of hope, but the result of habits.**
- **Over 40% of the actions you do daily are not the result of decisions, but the result of habits.**

**God often does big things through small habits.**

*Finally these men said, “We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God.” Daniel 6:5 NIV*

*Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

Daniel 6:10 NIV

**Never underestimate how God can start something big through one small habit.**

**Real and lasting change isn't behavior modification. It's spiritual transformation.**

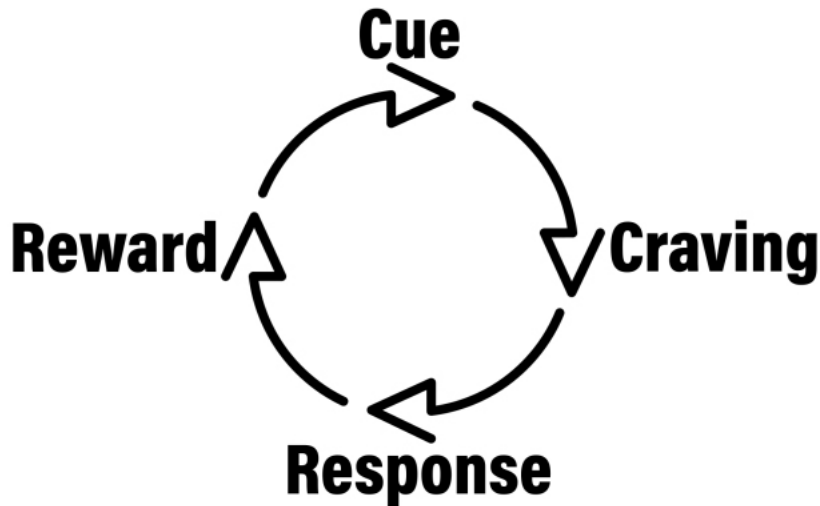
**You do what you do because of what you think of you.**

**Based on who you want to become, what's one habit you need to start?**

*Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching.* Hebrews 10:25 BSB

## **How to Create a New Habit**

### **1. Make it obvious.**



**If you want to change what you do, change your cues.**

### **2. Make it easy.**

**I will do \_\_\_\_\_ after I \_\_\_\_\_.**

*“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”*

1 Timothy 4:8 NLT

*“Do not despise these small beginnings, for the LORD rejoices to see the work begin ...”* Zechariah 4:10 NLT

## TALK IT OVER

Read **Hebrews 10:25**. What are some ways that you meet with and encourage one another regularly?

Talk about some of your current habits. In what ways are they honoring God? How could you use these existing habits to start one new habit?

Share about a time when you experienced change through spiritual transformation. How was that different than times you've tried to change through behavior modification?

Learn more about the lies that prevent you from making the change you want to see: [www.go2.lc/lies](http://www.go2.lc/lies)

Start The Power to Change Bible Plan using Plans With Friends: [www.go2.lc/powertochange](http://www.go2.lc/powertochange)