

Habits of a Healthy Heart—5 Don't Quit Too Early

Being faithful in the little things is a big thing.

... *"I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible."*

Matthew 17:20 NLT

"If you are faithful in little things, you will be faithful in large ones. ..." Luke 16:10 NLT

Grace
Resilience
Integrity
Teachability

... *"My grace is sufficient for you, for my power is made perfect in weakness."* ... 2 Corinthians 12:9 NIV

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 NIV

Instruct the wise, and they will be even wiser. Teach the righteous, and they will learn even more. Proverbs 9:9 NLT

If you think you are standing strong, be careful not to fall. 1 Corinthians 10:12 NLT

... *"Well done, good and faithful servant! ..."* Matthew 25:21 NIV

TALK IT OVER

Read **Luke 16:10**. What stands out to you in the verse, and how does it impact the way you view faithfulness?

Share about a time when you felt tired or wanted to give up on a good thing. What gave you the energy to persevere?

Is there a habit you need to start or stop in order to live a more faithful life? Talk about some ways your life will look different in the future if you make those changes today.

In this series, we learned about self-examination, simplicity, Sabbath, silence, sorrow, and steadfastness. This week, spend time practicing one of these habits and talk about your experience with your LifeGroup.

Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: www.go2.lc/simplify