

WEEK 1



INTRODUCTION: KEYSTONE HABITS

Red Letter Being Challenge Small Group Study Guide

As we're about to embark on the 40-Day Being Challenge where we learn five life-changing habits of Jesus, what is a habit you wish you had in your life?

Go over the Group Promise together. Make sure everyone understands the commitment.

GROUP PROMISE

I commit to these basic Red Letter Being Challenge Group promises. This is my "ALL IN" pledge to live out Jesus' words, both in my own life and in helping my Group do so.

- I will be on time and show up with my whole heart.
- I understand that this Group is 100% confidential. Whatever is shared in the Group stays in the Group.
- I will respect other Group members by participating openly and speaking honestly, without dominating the discussions.
- I will not try to fix people, preach a sermon, or give unsolicited advice.
- When I share in the Group, I will share primarily about myself and not about others.
- I will trust God to work in all of us as we live out the Red Letters of Jesus together!

Charles Duhigg says that a keystone habit is, "a habit that people introduce into their lives that can unintentionally carry over into other aspects of their lives." What is a keystone habit in your life and how does it help you in other areas of your life?

Watch Red Letter Being Challenge Video for Video 1 – Introduction: Keystone Habits.

Craig Groeschel says, "Small disciplines done consistently lead to big results over time."

In his book, *Atomic Habits*, James Clear argues relentlessly for the power of small, daily wins. He challenges us to become 1% better each day.

Take the following scenarios and discuss what one small keystone habit you would put in your life if your goal was to:

- **Run a marathon**
- **Lose 20 Pounds**
- **Become debt-free**
- **Become more like Jesus**

The goal of *Red Letter Being Challenge* is to help you become a greater follower of Jesus Christ by introducing the keystone habits of Jesus Christ into your life.

Read Matthew 11:28-30 (Message) together: “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Describe to the Group what your relationship (BEING) with God looks like on a weekly basis? What habits, or spiritual disciplines, have you put into your life?

Are there any spiritual disciplines or habits that you have had a hard time with in the past?

Red Letter Being Challenge has identified five keystone habits that Jesus practiced in his life. We want these 5 habits to become the unforced rhythms in your life:

- **Committing to Community**
- **Studying Scripture**
- **Prioritizing Prayer**
- **Seeking Solitude**
- **Choosing Church**

Take a look at those five habits that we'll be learning more about over the next five weeks together. Thinking about your life right now, which one of these five will be the easiest for you? Which of the five do you expect to stretch you the most or be most difficult for you?

CLOSING THOUGHT AND PRAYER

What do you hope happens in the next 40 days in your life through the Red Letter Being Challenge?

Read 1 Timothy 4:7 (NASB) to the Group: Discipline yourself for the purpose of godliness.

Say: *"Small disciplines done consistently lead to big results over time."* (Craig Groeschel)

Challenge for the Week: Introduce a small, daily habit into your life this week and share it with the Group.

Spend time praying for your Group as you all embark on the 40-Day Challenge together. Ask God for encouragement, strength, and perseverance to learn and implement the five habits of Jesus into your life.

