

Habits of a Healthy Heart Don't Quit Too Early

TALK IT OVER

Key Scriptures

... "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

... "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

Start talking. Find a conversation starter for your group.

- What are some small, faithful things you do on a daily or weekly basis?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What makes staying consistent and faithful easier? What makes it more difficult?
- Read **Luke 16:10**. What stands out to you in the verse, and how does it impact the way you view faithfulness?

Start sharing. Choose a question to create openness.

- 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.

Start praying. Be bold and pray with power.

Father, thank You for giving us grit. Please grow our grace, resilience, integrity, and teachability so that our lives look more and more like You. We want to be faithful servants who serve You and Your people well. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- 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
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.