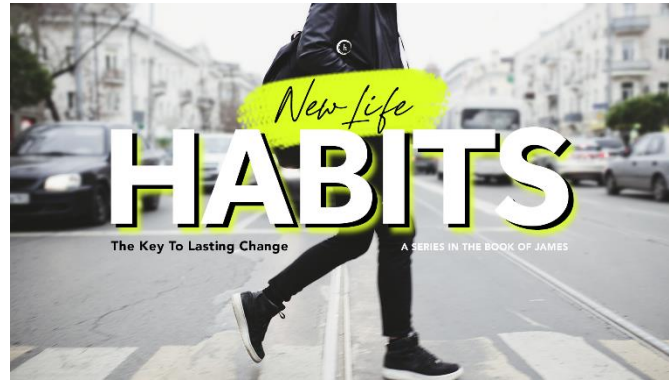


Looking for a Group to connect and dive deeper in your relationship with God and others? Check out Group Life on our app or contact Connections Pastor, Dustin Bramer, at dbramer@myhope.church.



Community Group Questions: James 1:1-8, 12-18

1. Describe your attitude toward gyms, workouts and fitness culture. Why do you think you feel that way?
2. What habit helps you lead a “steadfast” life?
3. What habit do you wish you could make?
4. What habit do you wish you could break?
5. Are you the kind of person who drives the same way to work every day, or do you prefer to take different routes? Why do you think that is important to you?
6. Describe a time when you felt like you were too rigid about your routines. How did that impact you?
7. Describe a time when you were too unstructured about your routines. How did that impact you?
8. How do you try to maintain a healthy attitude toward habits and routines?
9. What do you notice about your habits when you are under stress?
10. Describe a difficult situation that actually helped you to develop the right kinds of habits and break the wrong kinds of habits for your life.