

## Week 3 Student Handout: You Are What You Practice

### KEY TRUTHS

- Habits are forming your identity
- Every habit is a seed that grows something
- Conforming is passive; transformation is intentional
- You fall to your habits, not rise to your intentions

### SCRIPTURE (NKJV)

#### *Galatians 6:7–8 (NKJV)*

“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”

#### *Proverbs 4:23 (NKJV)*

“Keep your heart with all diligence, For out of it spring the issues of life.”

#### *Romans 12:2 (NKJV)*

“And do not be conformed to this world, but be transformed by the renewing of your mind...”

#### *Psalms 1:1–3 (NKJV)*

“Blessed is the man who walks not in the counsel of the ungodly... But his delight is in the law of the Lord, And in His law he meditates day and night. He shall be like a tree planted by the rivers of water...”

### PERSONAL REFLECTION

1. What habits shape most of my day?
2. Are those habits forming Christlikeness in me?
3. What is one habit that needs to change?

### PRACTICE THIS WEEK

- Identify one habit that pulls you away from Jesus
- Replace it with a daily 10-minute spiritual practice (Reading Scripture, Prayer, Podcast, Devotional)
- Track your consistency for 7 days

### QUESTIONS TO THINK ABOUT...

1. Why are habits more powerful than intentions?
2. How does social media shape identity?
3. What is the difference between discipline and legalism? (You are not saved by habits. But you are shaped by them).
4. Why does transformation require intentionality?
5. What practical step can you take this week toward formation?

