

# Power to Change

## Holy Habits

### TALK IT OVER

#### Key Scriptures

*Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."*

Daniel 6:5 NIV

*Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

Daniel 6:10 NIV

*Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching.*

Hebrews 10:25 BSB

*"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."* 1 Timothy 4:8 NLT

*"Do not despise these small beginnings, for the LORD rejoices to see the work begin ..."* Zechariah 4:10 NLT

Find this in the Life.Church app.

Open the app, choose this message, then tap "Talk It Over."

Get this in your inbox.

Visit [info.life.church/talkitover](http://info.life.church/talkitover)

Start talking. Find a conversation starter for your group.

- On a scale of 1-10, how difficult is it for you to start new habits?

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

- What stood out to you in this week's message?
- Read **Hebrews 10:25**. What are some ways that you meet with and encourage one another regularly?
- Who do you want to become? What habit do you need to start to get there?

Start sharing. Choose a question to create openness.

- Talk about some of your current habits. In what ways are they honoring God? How could you use these existing habits to start one new habit?
- Share about a time when you experienced change through spiritual transformation. How was that different than times you've tried to change through behavior modification?

Start praying. Be bold and pray with power.

*Father, we thank You. Because we have a relationship with You, we're able to experience real change. Help us identify a habit in our lives that You're calling us to start. Then, show us how we can start practicing that habit today and this week. In Jesus' name, amen.*

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

- [Consider the habit you want to start. Find one way to make it easy and obvious this week.](#)
- [Learn more about the lies that prevent you from making the change you want to see: \[www.go2.lc/lies\]\(http://www.go2.lc/lies\)](#)
- Start *The Power to Change* Bible Plan using Plans With Friends: [www.go2.lc/powertochange](http://www.go2.lc/powertochange)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.