

Holy Habits

Hope alone won't change your life. Habits will.

- ◆ Most of what you normally do isn't the result of hope, but the result of habits.
- ◆ Over 40% of the actions you do daily are not the result of decisions, but the result of habits.

God often does big things through small habits.

Daniel 6:5, 10 NLT

Never underestimate how God can start something big through one small habit.

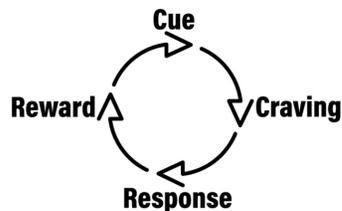
Real and lasting change isn't behavior modification. It's spiritual transformation.

You do what you do because of what you think of you.

Based on who you want to become, what's one habit you need to start?

How to Create a New Habit

1. *Make it obvious. If you want to change what you do, change your cues.*



2. *Make it easy. I will do _____ after I _____.*

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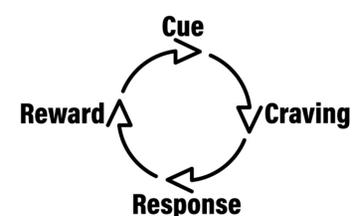
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1 Timothy 4:8 NLT

Zechariah 4:10 NLT

THINK ABOUT IT

- ◆ Read **Hebrews 10:25**. What are some ways that you meet with and encourage one another regularly?

- ◆ Think 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?

- ◆ Think about a time when you experienced change through spiritual transformation. How was that different than times you've tried to change through behavior modification?

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