

A row of colorful wooden blocks (pink, blue, orange, green, blue, green, blue) is arranged on a wooden surface. The blocks are slightly offset, creating a sense of depth. The lighting is soft, highlighting the texture of the wood and the vibrant colors of the blocks.

FAMILY STUDY GUIDE

# HABITS

THE POWER TO CHANGE

6 WEEKS



## **Hey families!**

Enjoy this family study guide as a supplement to the current sermon series. Our prayer is that it stirs up meaningful conversation and connection with your kids. We hope you have fun as a family!

A child's greatest spiritual influence will always be you. We're here for support and to cheer you on!

-Sunnybrook Family Ministry Team



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**@sunnybrook\_msm**  
**@sunnybrook\_hsm**

# WEEK 1

**Kicking It Off:** Has there ever been a time when you knew you needed to change, but you didn't know how?

**Big Idea:** To change your actions, you must first change your thoughts.

**Talk About It Together:** Isn't it true that there are just some things in our lives and some people around us that are hard to agree with? We try to change our actions by being kind, but if we don't change how we think first, then we miss the point. **Ask:** What thoughts do you need to change in your life?

**Bible Reading: Romans 7:19 (NirV):** I don't do the good things I want to do. I keep on doing the evil things I don't want to do.

**Family Activity:** Make a prayer card for the thing you want to start changing or the person you want to think differently about (ex. Create a prayer card for your sibling who you want to appreciate and love more, or the lying you want to stop). Place your prayer card on your mirror or nightstand - somewhere you will see it each day and pray about it.

**Talk to God:** God, thank you that you love us enough to set an example of how we should live and treat others. Give us strength to love the way you do, to think the way you think. We pray as a family that we may grow closer to you through these changes. In Jesus' name, Amen!



# WEEK 2

**Kicking It Off:** Is there someone in your life who is hard to get along with? Why do you think that is?

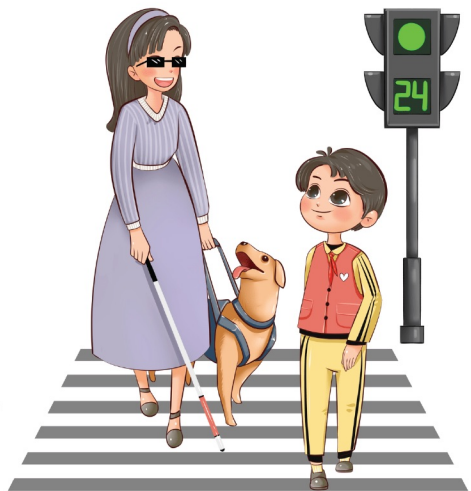
**Big Idea:** Instead of focusing on what you do (talking nicely about people, not spreading rumors, not arguing, etc.), focus on who you want to become (a joyful friend, an encouraging family member, a grateful person).

**Talk About It Together:** Some people in our lives are hard to agree with, they're hard to be friends with and they can leave us feeling empty and drained. What if we are part of that problem? How can we change so that we can be someone who is easy to get along with; someone who is a great friend? **Ask:** How do I treat others when I don't agree with them? How do I talk about them when they aren't around?

**Bible Reading: 1**  
**Thessalonians 5:11 (NIRV):** So encourage one another with the hope you have. Build each other up. In fact, that's what you are doing.

**Family Activity:** Get or make a gift for a friend to remind them that you love them and you care about them. Surprise them with the gift and tell them how much they mean to you.

**Talk to God:** God, thank you for the friends and the family members that you have placed in our lives. They are a true gift! Help us to appreciate and notice all they do for us, in return give us a generous heart to return the favor with the way we treat them, talk about them, and show appreciation for them. Amen!



# WEEK 3

**Kicking It Off:** God often does big things through small habits. What are some of your daily habits?

**Big Idea:** Hope alone won't change your life, habits will.

**Talk About It Together:** Some of the habits in our lives are GREAT for us, but others of them, are tearing us down. Reflect on some of the big habits in your life and see if there are any areas that need changing. **Ask:** Are there any habits in your life that need to change?

**Bible Reading: Colossians 3:9-10 (NirV):** You have gotten rid of your old way of life and its habits. You have started living a new life.





**Family Activity:** Pick a family member in your life and write down THEIR habits (both good and bad). It can be easy to be blind to your own, so reflect and compare your habits to theirs.

**Talk to God:** God, thank you that you care enough about us to help us change the small habits in our lives to help make us more like you. Give us strength and courage today and every day to follow you, Amen!



# WEEK 4

**Kicking It Off:** Who do you look up to most, and why? What is it about that person that you like or appreciate?

**Big Idea:** Good habits are hard to start, but the pain now is the payoff later.

**Talk About It Together:** Think of the person you look up to most and why you look up to them. What is the difference between you and them? How could you start to change the small habits in your life today to shape you to be more like them tomorrow?

**Bible Reading: Ephesians 5:1-2 (NirV):** You are the children that God dearly loves. So follow his example. Lead a life of love, just as Christ did. He loved us. He gave himself up for us. He was a sweet-smelling offering and sacrifice to God.



**Family Activity:** Write your future self a letter (either 1, 5, or 10+ years from now) and describe the kind of person you want to be. Give it to a parent and challenge them to give you that letter 1, 5, 10+ years from now.

**Talk to God:** God, thank you that I am fearfully and wonderfully made. You care about the details and who you have created me to be. Please help me to be a light to those around me. Amen!



# WEEK 5

**Kicking It Off:** What is something you are talented at? Did you have to work hard to be good at it or are you just naturally talented at that skill?

**Big Idea:** We need to stop trying and start training.

**Talk About It Together:** We aren't always great at everything, and some things take more work than others. Sometimes we aren't great at school, or sports, other times we aren't great at showing people we care about them. Being great at something takes training.

**Bible Reading: 1 Timothy 4:8 (NirV):** Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.



**Family Activity:** Draw a self-portrait on one side of a paper. Flip the paper and draw a line down the middle. On one side write all the things you are GREAT at! On the other side, right the things that are NOT GREAT. Spend at least 5 minutes every day training on at least one of those things that needs working on.

**Talk to God:** God, thank you for living a sinless and perfect life. As we focus on the things that we are not great at, we know that you are cheering us on so we can be more like you. Even when times are hard and situations are tough, help us to act the way you would act. Amen!



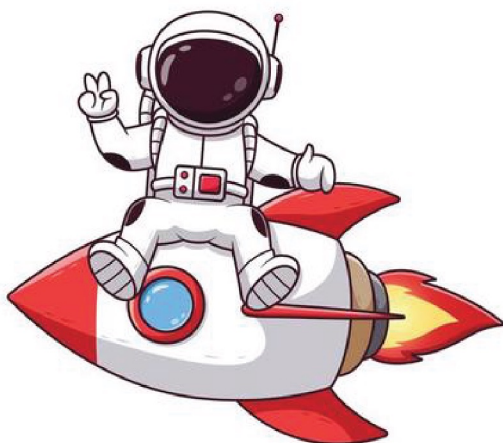
# WEEK 6

**Kicking It Off:** Talk about what you want to be when you grow up and why.

**Big Idea:** Our lives are the total of all the small decisions we make.

**Talk About It Together:** When you think of what you want to be when you grow up, what makes you want to be that person? **Ask:** Are you making decisions today that will help you be who you want to be in the future?

**Bible Reading:**  
**Jeremiah 29:11 (NirV):** "I know the plans I have for you," announces the Lord. "I want you to enjoy success. I do not plan to harm you. I will give you hope for the years to come."



**Family Activity:** Research what you want to be with your family. After researching it, find out the skills it takes to become that person and what you have to do to achieve that. For example, if you want to be a veterinarian; you have to have good communication skills, you have to be a good decision-maker, and you have to be a good problem-solver. In order to be a veterinarian, you also have to go to school for 8 years.

**Talk to God:** God, no matter who we become or what we do in life, help us to keep our eyes fixed on you. No matter where you bring us in life, remind us that you are with us. We thank you for your love and guidance. Amen!





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