



DISCUSSION QUESTIONS

HABITS - PART 1

QUESTION 1

Get-to-know-me

What's one new habit you want to start? What's one old habit you want to stop?

Which is more difficult for you: making a habit or breaking a habit? Why do you think that is?

QUESTION 2

Into-the-Bible

Read Romans 7:15-25

How can you relate with the Apostle Paul?

How has the power of Jesus set you free from this cycle?

QUESTION 3

Take-it-home

Pastor Nathan shared how most people create "DO" goals (Read more, eat less, exercise more, etc.) which are good, but they don't shape our identities. Instead, he encouraged us to set "WHO" goals that focus on who we want to become.

What are three words that describe the kind of person you want to become?

What's a "who" goal that you want to put into place this year? What are some systems (habits) that would help you reach it?