

Conversation Starters

- Did you make any goals for this year? What are they?
- How have you been doing with them?

Discuss

Creating and keeping good habits can prove difficult, even when we try to live in a way that results in a more godly life. We may begin with the right intentions, keeping in mind our identity in Christ, and move ahead with energy and resolve, but still end up slipping back into our old bad habits. Here are some reason why we often fail at keeping good habits:

1. We could be striving for misguided rewards. Trying to achieve good and godly habits are great, but they should never come before a relationship with Christ. We must belong to God before we try to become like Him. Christianity is about relationship more than religion. So, we should start with developing a habit that positions you into God's presence above anything else.

"If you don't go all the way with me, through thick and thin, you don't deserve me. If your first concern is to look after yourself, you'll never find yourself. But if you forget about yourself and look to me, you'll find both yourself and me. ([Matthew 10:38-39](#) The Message)

- What are the rewards you are seeking with your habits?
- Do you ever find yourself seeking more achievements than a growing relationship with God?
- Have you developed any habits that position you in God's presence?

2. Good habits can be especially difficult to keep when life happens. When something or someone removes the cue that leads to your desired response, you get distracted and take your eyes off the reward you are seeking. To help keep focused, when building habits it is often wise to build with distractions in mind and let the distraction serve as a back-up cue to get you back on track.

Look here, you who say, "Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit." How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone. What you ought to say is, "If the Lord wants us to, we will live and do this or that." Otherwise you are boasting about your own pretentious plans, and all such boasting is evil. ([James 4:13-16](#) NLT)

- Are there any distractions in your life keeping you from good habits?
- Have you ever thought of a back-up plan for distractions?
- What good habits do you need to cultivate a renewed focus to get back on track?

3. Keeping good habits are also hard when we try to do it alone. Willpower will only get us so far in a relationship with God because we are not meant to operate alone. God does not expect us to operate alone, but wants us to live and work with Him.

"Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" ([Matthew 26:41](#) NLT)

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. ([2 Corinthians 12:9](#) NLT)

- Are you trying to keep good habits on your own?
- Have you prayed to God about your habits?

Next Steps

As we think about creating new habits, it is important for us to pray about them. Think about what God would want and bring that to Him and let your relationship with Him help you become the person He created you to be.

For I can do everything through Christ, who gives me strength. ([Philippians 4:13](#) NLT)

1. **Remember.** Your identity from a relationship with God.
2. **Pray.** Ask God to reveal good habits you need to start.
3. **Start some new habits.** Check out our Life Hacks series on the [Meck App](#) to get started.

Further Reflection

Read [Acts 16:6-8](#); [Psalm 103:14](#); [Galatians 3:3](#); [Romans 8:26](#) NLT.

Pray

God, thank you for creating us and how much you love each one of us. Thank you for how you want to help us and work in our life. Help us to stay focused on our relationship with you, reveal areas of our life that we need to develop better habits in, and give us the strength to keep them.