

Conversation Starters

- Have you ever had to break a bad habit?
- How did you do it?

Discuss

While we all have a multitude of habits to help us operate more efficiently, not all of them are good. Some will lead us away from the people we want to be, and keep us from growing in our relationship with God. It often starts with one small decision that can eventually take a turn for the worst.

One type of bad habits are time wasting habits. These types of habits are not necessarily bad, but something to be cautious of. Time wasting habits distract you from giving time to the most important things (spirituality, family, work, etc.).

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do. (Ephesians 5:15-17 NLT)

- Do you ever feel like you do not have enough time in the day to do all that you want?
- Are there little things throughout your day that you could do without or in less amounts?

Another type of bad habits are misdirected habits. These can be habits that start to shape your identity and ultimately end up leaving you empty and leading to nowhere. [In the Bible](#), a rich young man wanted to know how to follow God more and know the life He offers, but he had built his whole identity around gaining wealth and prestige and could not give that up for something better.

- What are the top things in your life that actually get the most time?
- If faced with a choice between any of those and time with God, what would you choose?

Toxic habits often reflect in your character and can be harmful to your relationships in all aspects of life. They often result in others not wanting to be around you.

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. (Ephesians 5:29 NLT)

- Do you assume the worst in others?
- Do you ever share things that you should not?
- Are the things you say and do helpful or encouraging?

We can also develop habits that lead to a state of addiction, and result in adverse physical and mental effects if stopped. These are destructive habits, and completely alter your life. While these are the most difficult bad habits to break, studies show that recovery is greater with a spiritual component.

- Are there any habits that have more control of you than you do of it?
- If you stopped a certain habit today, how would it affect your typical day?

Next Steps

We all have bad habits. They may have different levels of severity, but all end up leading to the same place. They lead us further from God and other people around us. The Bible teaches that we are all sinners, not just "mistakers." It also teaches us that we can overcome any sin if we rely on God. But we have to start by admitting our faults, and then take the steps to recovery.

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. (Proverbs 28:13 NLT)

1. **Pray.** Confess any bad habit in your life.
2. **Ask forgiveness.** Make amends with anyone you have affected.
3. **Share.** Share about any changes you want to make with a close friend or [us](#).
4. **Start some new habits.** Check out our Life Hacks series on the [Meck App](#) to get started.

Further Reflection

Read [Mark 10:17-27](#).

Pray

God, thank you for the life, restoration and hope that you offer us. We are not perfect. But we know that you are a good God. Forgive us for any sin in our life that we confess and know right now, and help us to see if we have any others. Please give us the wisdom and discernment to make wise choices and turn from any bad habits in our life.