



PRAISE HABIT

Sermon Notes for Sunday, February 25, 2024. Based on Rev. Chris Heckert's sermon.

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. - Colossians 3:17

1. Keystone habits are those habits that serve as small _____ that help us form other healthy habits around them.
2. Among common keystone habits that are present among successful people are:
 1. Making _____ each morning
 2. Eating dinner _____
3. The Habit Loop consists of three elements: _____, routine, and _____.
4. _____ is a central theme of worship of God in the Hebrew Bible, especially in the book of Psalms.
5. In Colossians 3, the Apostle Paul instructs Christians to keep _____ as the downbeat of our lives.
6. Practicing _____ as a keystone habit in our lives can shift our perspective and make forgiveness, unconditional love, and persevering through difficult times more natural.

Questions for Reflection

1. What are the important keystone habits that you practice in your life?
 2. What happens when those habits are interrupted or not possible for a period of time?
 3. How might you integrate a new praise habit into your daily rhythm as a way to root yourself deeper in gratitude to God?
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