

HABITS

Small disciplines that can
make big changes in your life

PART 1 — DECIDING WHO I WANT TO BE

ROMANS 12:1-2

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MESSAGE NOTES

BIG IDEA FOR THE WEEK:

HABITS SHAPE OUR IDENTITY AND _____ SHAPES OUR HABITS

1. WHO WE BECOME STARTS WITH WHAT WE _____

2. WHO WE BECOME IS REVEALED BY WHAT WE _____

SMALL GROUP AND DISCUSSION QUESTIONS

1. WE SAID, “HABITS SHAPE OUR IDENTITY AND IDENTITY SHAPES OUR HABITS”? CAN YOU THINK OF AN EXAMPLE FROM YOUR OWN LIFE WHERE YOU’VE SEEN THIS HAPPEN?

2. ROMANS 12:2 CONNECTS THE RENEWING OF OUR MINDS WITH THE WAY WE LIVE. WHAT ARE SOME THOUGHTS OR BELIEFS THAT TEND TO SHAPE THE WAY YOU BEHAVE?

3. OUR HABITS ARE “CASTING VOTES FOR THE PERSON WE’RE BECOMING.” WHAT DO SOME OF YOUR CURRENT HABITS SEEM TO BE VOTING FOR?

4. IF YOU COULD MAKE ONE SMALL CHANGE IN YOUR THINKING THIS WEEK, WHAT WOULD IT BE? WHO WILL HELP YOU MAKE THESE CHANGES?

CHECK OUT THIS 5-DAY BIBLE READING PLAN ON THE YOUVERSION BIBLE APP

Break Bad
Habits, Tame
Toxic Thoughts,
and Renew Your Mind

A 5-day plan by Dr. Alan Weissenbacher



[HTTPS://WWW.BIBLE.COM/READING-PLANS/44592-BREAK-BAD-HABITS-TAME-TOXIC-THOUGHTS-AND-RENEW-YOUR-MIND](https://www.bible.com/reading-plans/44592-break-bad-habits-tame-toxic-thoughts-and-renew-your-mind)