

# SMALL GROUPS

## Key Scripture

Daniel 6:10 "Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before."

Hebrews 10:25 "Let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

## Main Takeaways

1. Hope alone won't change your life, but habits will.
2. God often does big things through small habits.
3. Never underestimate how God can start something big through one small habit.
4. If you want to change what you do, you need to change what you think of you.
5. Real and lasting change is not behavior modification but spiritual transformation.

## Discussion Questions

### Understanding the Message

1. The sermon stated that "over 40% of the actions you do daily are not the result of decisions, but the results of habits." Does this surprise you? What habits do you recognize in your own daily routine?
2. How did Daniel's habit of praying three times a day prepare him for the crisis he faced with the lion's den? What does this teach us about the importance of consistency in our spiritual disciplines?
3. Pastor Mack distinguished between a "worldly why" and a "spiritual why." Can you give examples of each? How does having a spiritual why change our motivation for creating new habits?

### Personal Reflection

4. Based on who you want to become in Christ, what is ONE habit you need to start? (Be specific and share with the group)
5. What are some "cues" in your life that trigger bad habits? How might you change those cues or create new ones for holy habits?
6. The sermon mentioned "habit stacking" (doing one thing after another). What existing daily routine could you use as an anchor for a new spiritual habit?

### Going Deeper

7. Why do you think the pastor emphasized starting small rather than making drastic changes? Have you experienced failure when trying to change too much at once?
8. Read 1 Timothy 4:8 - "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." How does this verse challenge or encourage you in developing spiritual habits?

9. Daniel didn't change his habit even when it became illegal and life-threatening. What does this reveal about the strength that comes from consistent spiritual disciplines?

## Practical Application

### Make It Obvious

- Where can you place visual reminders for your new habit?
- What "cue" will trigger your new holy habit?
- Example: Put your Bible on your nightstand, place vitamins by your toothbrush, set a phone reminder

### Make It Easy

Apply the Two-Minute Rule: Start with something that takes two minutes or less.

Examples:

- Want to journal? Write one sentence
- Want to pray with your spouse? Thank God for one thing together
- Want to exercise? Do five push-ups
- Want to read the Bible? Read one verse and meditate on it
- Want to be more grateful? Send one appreciation text per day

### Individual Commitment

Complete this statement: "Based on who I want to become, the one habit I will start this week is: \_\_\_\_\_"

Make it specific:

- What exactly will you do?
- When will you do it?
- Where will you do it?
- What will make it obvious?
- How will you make it easy?

## Group Activity: Habit Stacking

Work together to create a habit stack for common spiritual goals:

Example:

1. After I turn off my alarm, I will thank God for one thing
2. After I thank God, I will read one Bible verse
3. After breakfast, I will pray for five minutes
4. After I put my kids to bed, I will do five push-ups
5. After push-ups, I will journal one sentence
6. After journaling, I will hold my spouse's hand and pray together

Create your own habit stack and share with the group.

## Series Review (Building Blocks)

Week 1: Real change is not behavior modification but spiritual transformation

- Started with our Spiritual WHY

Week 2: You do what you do because of what you think of you

- Focused on our Spiritual WHO (identity in Christ)

Week 3: Hope alone won't change your life, but habits will

- Developing our Spiritual WHAT (holy habits)

## Accountability & Prayer

1. Pair up with an accountability partner in the group who will check in with you this week about your one new habit.
2. Share prayer requests related to breaking cycles and building holy habits.

3. Pray together specifically for:
  - Strength to start small and not despise small beginnings
  - Consistency in developing holy habits
  - God's power to overcome areas where we feel like victims rather than overcomers
  - Spiritual transformation, not just behavior modification

## Challenge for the Week

1. Choose ONE holy habit to start this week
2. Make it obvious - set up your environment for success
3. Make it easy - use the two-minute rule
4. Track it daily - put a checkmark on your calendar each day you complete it
5. Text your accountability partner each day to report your progress
6. Don't despise small beginnings - remember Zechariah 4:10

## Closing Thought

"Do not despise these small beginnings, for the Lord rejoices to see the work begin." - Zechariah 4:10

You have no idea how God might do something big through one small habit. Just as Daniel's habit of praying three times a day prepared him to face lions, your small, consistent holy habits will prepare you for whatever God has ahead.

## Next Week Preview

Continue in the "Breaking the Cycle" series. Keep practicing your one new habit and be ready to share how it's going!

Remember: Hope is good, but hope alone won't change your life. Habits will. Start small. Start today. And watch what God does through your faithfulness in the little things.