



VALLEY REAL LIFE

RESET: Holy Habits

Last Week

How did you apply last week's lesson about being called to what God wants in other areas of your life? Who did you share the lesson with?

Opener

What are some of your good and/or bad habits you currently have?

Questions

Have you ever successfully started a good habit or broken a bad habit? What steps did you take?

Do you find it difficult to start a new habit with a "spiritual why"? Why do you think this is an important step in forming strong habits?

What are your current spiritual habits and how would you like to see them develop?

We are starting a new 12:30pm service and this gives us an opportunity to build some good habits, either through serving or attending the 12:30 service. Have you thought making it a new habit to attend or serve at the 12:30 service to help make room for more people?

How do the people in your life affect your habits? What can this group do, together or individually, to help you build good spiritual habits?

Scripture Discovery:

Have yourself, another group member, or all group members read the following Scripture out loud

1 Timothy 4:7-10 (NLT)

... Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.

- What does this passage tell us about God?
- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray