

## MAKE IT A HABIT

Small Group Guide

Week 1: Spending Time with God

Series: On the heels of our Dare to be Different series, we are going to take it one step further and ask the question, “How do we become a student that is different?”.

I would submit that the answer to this question lies in the foundation of our day to day lives. This foundation is made up of our habits.

This week we will be starting a new series called “Make It A Habit”, and in the end it is my hope that we will be driven, students and adults alike, to become followers of Christ who strive to have healthy habits in place that help us become more consistent Christ followers.

### Sermon Summary:

There are two kinds of habits. Good habits, and bad habits. I think we are naturally prone to focus on the bad habits and fixing them/getting rid of them, etc, but I’m convinced that if we put the emphasis on creating good/healthy habits we will see the bad habits fade away.

This week we are talking about making the habit of spending time with God, but before this we must acknowledge a couple things.

1. We must acknowledge that habits shape us.
2. We must acknowledge that habits can shape our faith.

This week we will be looking at Mark 1:35, Mark 6:46, Luke 5:16, Luke 6:11-12, Matthew 14:13. ALL of these verses speak to moments where Jesus himself seeks out opportunities to spend with God. Jesus made these moments habitual.

There are many ways to spend time with God.

- Prayer, reading the Bible, attending church, attending Connexus, singing, having conversations revolving around the things of God, serving.

There are so many times to spend time with God.

- When you’re happy
- When you’re sad
- When you’re angry
- When you’re confused

The list goes on and on!

The main thing I want you to grasp today is that because of God’s omnipresence there is never a moment where He isn’t present. That means that every moment is holy. When we are at school, we can interact with Him. When we are at home, we can interact with Him. When we are on the athletic field, we can interact with Him. Every moment is HOLY. May the habits we create be spread through our everyday lives so that in every moment we acknowledge that we are spending time with Him!

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### Week 1: Spending Time with God

#### HABITS SHAPE US

*What are some habits that you have?*

*What are some good habits what are some bad habits?*

*How do our daily habits impact our overall well-being, including our physical, mental, and spiritual health?*

*In what ways can our habits influence our relationships with others?*

*How do you know which habits are beneficial and which may be detrimental to our life journey?*

*Are there specific habits that Scripture encourages for maintaining a balanced and purposeful life?*

*Can you think of biblical examples where individuals' habits had a significant impact on their effectiveness in fulfilling God's purpose for their lives?*

*How can cultivating habits of gratitude and contentment influence our perspective and attitude towards life's circumstances?*

*What role does self-discipline play in forming habits that align with God's will for our lives?*

#### HABITS SHAPE OUR FAITH

*How can we ensure that our habits are consistent with our identity as children of God, redeemed by Christ's sacrifice?*

*What biblical passages or verses provide guidance on developing habits that honor God in our work and daily responsibilities?*

*How does the habit of seeking God's wisdom through prayer and Scripture reading contribute to our decision-making process?*

*How can we guard against the potential negative impact of worldly influences in the formation of our habits?*

*How do our habits of stewardship and generosity reflect our understanding of God's ownership of all things?*

*How can we discern between habits that lead to personal growth and those that may hinder our progress in faith and character?*

*How can we support and encourage one another in our journey towards cultivating habits that align with God's purposes for our lives?*

#### JESUS IS THE EXAMPLE

*How did Jesus prioritize spending time in prayer and seeking communion with God the Father, and what can we learn from this habit?*

*In what ways did Jesus demonstrate self-discipline and self-control in his daily life and ministry, and how can we apply this to our own lives?*

*How did Jesus model a habit of compassion and empathy towards those who were marginalized or in need, and how can we follow his example?*

*What can we learn from Jesus' practice of prioritizing rest and seeking solitude for spiritual renewal?*

*How did Jesus demonstrate a consistent commitment to teaching and sharing God's Word, and what does this teach us about our own priorities?*

*How did Jesus approach fasting and self-denial as spiritual disciplines, and what can we glean from his example in our own spiritual practices?*

*What can we learn from Jesus' habit of seeking out moments of solitude for prayer and reflection?*

*How did Jesus handle times of temptation and testing, and what can we learn about cultivating habits of spiritual resilience and reliance on God's Word?*

*How did Jesus prioritize community and relationships, and what lessons can we draw from his interactions with his disciples and others?*

*How did Jesus demonstrate habits of gratitude and thanksgiving, and what can we learn about cultivating a grateful heart?*

#### EVERY MOMENT IS AN OPPORTUNITY

*What habits can help us maintain a sense of purpose and direction in life, even in uncertain times?*

*How can the habit of regular prayer and meditation on Scripture help us navigate life's challenges and make godly decisions?*