



## **PART 3: YOUR HABITS DETERMINE YOUR DESTINY**

### **INTRODUCTION**

The Harvest Principle says “You will reap what you sow.” The best predictor of your future is to ask, “What am I sowing now?” As you think about the person you want to become in the future, it’s important to evaluate the habits you are practicing today.

### **BIBLE VERSES**

Matthew 7:24-27; 2 Corinthians 5:17; Philipians 1:6

### **DISCUSSION QUESTIONS**

1. Pastor Will taught that we are what we repeatedly do. What do you repeatedly do? What are your good and bad habits right now?
2. Pastor Will said you don’t need a unanimous vote to change, just a majority...in other words you don’t have to be perfect, just tenacious. Do you agree or disagree? Why?
3. What are the immediate rewards and the future costs of your bad habits?
4. Pastor Will taught that for a follower of Jesus, habit change recognizes identity change. What habits in your life are currently helping you live out who God says you are...your identity in Christ? What habits are in contradiction to who God says you are?
5. What habits do you need to change today (bad habits to stop or good habits to start) to align your behavior with your identity in Christ and to become the person you want to become in the future?
6. Name one way you can make a new habit you need to begin obvious, easy, or satisfying.
7. Name one way you can make a bad habit you need to break invisible, difficult, or painful.
8. Who is one person you trust who can and will hold you accountable to stopping bad habits and developing good habits in your life?

### **MOVING FORWARD**

God wants to work through the majority vote of your habits so that they match your identity in him. This requires us to be intentional rather than thoughtless about our identity. The great news is that God promises to never give up on us! Philipians 1:6 reminds us that he will continue his good work in us until Jesus returns.