



YOUR FUTURE SELF WILL THANK YOU

PART 5: HOW TO TRADE BAD HABITS FOR GOOD

INTRODUCTION

In order to unlock spiritual growth we must grow in self control. To do this we need to develop good habits that can replace our bad habits. While breaking these bad habits can be a difficult task through intentional spiritual habits it can be achieved.

KEY SCRIPTURE

Galatians 6:7
Hebrews 10:25

1 Thessalonians 5:17
2 Corinthians 5:17

Psalms 119:105

DISCUSSION QUESTIONS

1. What bad habits would you like to turn into good habits?
2. Pastor Will said, "if we change what we are planting now, we will change what we harvest." What are you planting right now? Will you be happy with the harvest?
3. Habits impact our identity, how do you think your friends and family identify you?
4. How can you use social influence or accountability to create good habits?
5. Pastor Will explained, "keystone habits are habits that encourage better behavior in other areas of our lives." What keystone habit is the hardest habit to create in your life? Why?
6. Read 2 Corinthians 5:17. How can you start to change your habits today?

MOVING FORWARD

Application Prayer: Jesus, I'm asking your help to change my habit of: _____ until it matches my identity in you. I'm trusting you to give me a new identity today!