

Study QUESTIONS

Ep. 1106: Should My Habits Be Kept or Broken?

<https://christianquestions.com/character/1106-habits/>

See:  CQ Rewind
SHOW NOTES

1. What are the six key factors of habit formation? How do they relate to one another?
2. How do we know if our habitual thoughts are good or bad? What can we learn from Saul's experiences before and during his conversion? (See Romans 12:3, Acts 26:4-15)
3. What questions can we ask to evaluate our beliefs? What do we need in order to break our bad habits? How can we see this in Saul's example? (See James 4:2-3, Acts 26:16-18)
4. What attitude should our expectations breed? What can result from misplaced expectations? (See Acts 8:18-21)
5. What was the aftermath of Saul's encounter with Jesus? (See Acts 9:8-16)
6. What should the product of our attitude be? How do we know if we have the right attitude? How can we change it when necessary? (See Galatians 2:11-12)
7. How did Saul's attitude and behavior change after his conversion? How does Ananias greet him? (See Acts 9:17-22, 1 Corinthians 15:8-11)
8. How should we evaluate our behavior? What can we do to keep from sliding back to a behavior that we are trying to stop? (See 1 Corinthians 9:24-25)
9. What must we ask ourselves to reflect on how we are doing? (See Philippians 4:12-13)
10. What lessons can we learn from Saul's conversion and his actions afterward? How can we apply these lessons in our lives? (See Acts 9:8-22, 26:4-23)
11. What habits do you have? Are they habits to break or habits to keep? What can you do to break the bad habits and what positive habits can you replace them with?