

Study QUESTIONS

Ep.1338: Do My Habits Glorify God? (Part I)

<https://christianquestions.com/character/1338-habits-part-i/>

See:  CQ Rewind
SHOW NOTES

1. What are habits? Why did King David say God didn't require burnt offerings or sin-offerings? How is Jesus an example of what David was talking about? (Psalms 40:6-8, John 4:31-34)
2. *Do you take joy in doing God's will? Are His instructions written on your heart?*
 - a. How do we learn to take such joy in doing God's will that it becomes the spiritual nourishment we crave?
 - b. Discuss the examples given from Paul, Solomon and Joshua. (Romans 12:2, Proverbs 3:1-3, Joshua 1:8-9)
3. In your own words, describe the Habit Loop. Genesis 3:1-7 shows how Satan tempted Eve into following his suggestion (which is a bad habit!) Thinking about the account, in your own words, identify the four parts of the Habit Loop. What "cues" did Satan give to trigger Eve's "craving?" Once she craved what eating of the fruit would give her, what was her "response?" Identify the "reward."
4. *What "cues" or triggers cause your bad habits to surface?* Evaluate your life: what fleshly habits (good or bad) "deter, distract or devalue" your spiritual walk as a disciple of Christ? (Galatians 5:19-21, Romans 8:5-9)
5. What makes our habits hard to change? How can we change our habits? Discuss the suggestions given. *Have you managed to break a habit that deterred, distracted or devalued your Christian walk?* Explain.
6. Habit-setting steps: Think of each of these steps in overcoming or revising a poor habit or a disliked responsibility.
 - a. **Say your goals out loud:** *Do you do this?* What is the purpose? How can we be accountable to God, ourselves and others? (1 Peter 5:6-7, Galatians 6:2)
 - b. **Swap a new habit for an old one:** Why is this easier than starting fresh? (Psalm 27:4)
 - c. **Small steps:** Review the small steps of Psalms 40:1-5. *Can you use small steps to correct a habit in your life?*
 - d. **Add on to an existing routine:** How does 2 Peter 1:5-8 illustrate this? *What spiritual foundations in your life can you build upon?*
 - e. **Banish the all-or-nothing mentality:** How do Proverbs 24:16 and 1 Corinthians 10:13 comfort us and give us perspective?
 - f. **Create a plan that plays to your strengths:** Why is this important? (1 Corinthians 12:20-26)
 - g. **Change your language:** Think of something you really dislike but is necessary in your life. *Can you change the language of your self-talk so that you feel more positive about it?* (Ephesians 4:25-29)
 - h. **Visualize success:** What defines spiritual success? How does Hebrews 12:1-3 give us direction?
 - i. **Set up the right cues in your environment:** *What tangible cues can you implement in your life to improve positive habits?* How does Philippians 4:8-9 help us to focus our thinking?
7. *Do your mental, emotional and physical environments support your spiritual habits? How can you make this so?*