



# ATOMIC HABITS

*LITTLE CHANGES, BIG IMPACT*

## STARTING A GOOD HABIT

Don't ever underestimate how ONE SMALL CHANGE, done repeatedly, can absolutely TRANSFORM YOUR LIFE.

**OPENING QUESTIONS - Use this question to connect with others in your group:**

1. Have you made any New Year's resolution this year?

**KEY POINTS - take a minute to review the key points from this weekend's message**

1. Studies show that 40-50% of life is not the result of conscious decisions, but of daily habits.
2. Don't start with BIG. In fact, a SMALL habit is better.
3. Don't ever underestimate how ONE SMALL CHANGE, done repeatedly, can absolutely TRANSFORM YOUR LIFE.
4. Life change doesn't happen when we do something BIG OCCASIONALLY. It happens when we do something SMALL CONSISTENTLY.
5. CONSISTENCY is key because it reinforces my IDENTITY.

**SCRIPTURES USED IN THIS MESSAGE:** Daniel 6:3-10; Matthew 11:30; Proverbs 13:20

## RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Read Daniel 6:3-10

How do you think the habit of prayer helped Daniel when the decree came down from the king?

Can you think of an example of a small shift made in your life that resulted in a big change?

**Reflect on this quote:** "Many people think they lack motivation when what they really lack is clarity." ~James Clear

How can having a specific, obvious plan for executing a habit help us when we are losing our motivation?

Consider faith habits like Bible Reading, prayer, service, or generosity. Share any specific plans you currently have for any of these habits.

### **Read Proverbs 13:20**

Who are the wise people in your life that help you become wise?

Who are the spiritually minded people in your life that help you grow in faith?

### **APPLY**

Take some time to write down words or phrases about "Who" you want to become in 2021. What's a "who" goal that you want to put into place this year?

What are some systems that would help you reach it?

### **PRAY**