



# ATOMIC HABITS

*LITTLE CHANGES, BIG IMPACT*

## KILLING A BAD HABIT

This series explores habits. This week is about stopping bad habits.

**OPENING QUESTIONS - Use one or both of these questions to connect with others in your group:**

1. Do you make New Year's resolutions? Why or why not?
2. Name one bad habit you'd like to break.

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

1. 40-50% of what we do each day are out of habit; done without much thought.
2. Good habits don't usually give us instant results, more long-term gain. Bad habits give us instant gratification. Therefore, good habits are hard to start and easy to live with. Bad habits are easy to start and hard to live with!
3. Bad habits are triggered by a CUE. That could be visual, emotional, situational, and more...
4. There are three steps to breaking a bad habit + one "X-Factor":
  - a. Make the cues invisible - remove them.
  - b. Make the habit difficult to do.
  - c. Involve community - surround yourself with people who support negating the bad habit.X. Give yourself and it to JESUS.
5. We are not defined by our bad habits!

**SCRIPTURES USED IN THIS MESSAGE:** Romans 7:15, 19, 24; Matthew 6:22-23; Matthew 5:29; Matthew 7:13; Proverbs 13:20; 2 Corinthians 5:17

## 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 Romans 7:15** out loud.

Can you identify with Paul? Name a time when you tried to either start a new habit, or stop an old bad habit but failed?

What are some ways you can make cues for your chosen bad habit disappear? What are some ways you can make your bad habit more difficult to do?

What might happen if you don't implement change and eliminate this bad habit?

**Read Romans 7:24 and Corinthians 5:17**

Who can you surround yourself by to support you in change? Where can you find hope?

## **APPLY**

In this life, we will have trouble as by nature we are all flawed human beings. We can become new through accepting Jesus Christ as our Savior and letting Him guide our decisions. By ourselves, we remain on the broad road toward a wide gate. It is easier in the short term (this life on earth), but with Christ we can walk on the narrow path toward the small gate that offers greater reward (eternal life).

## **PRAY**

Be bold and pray with power! Believe that through prayer and faith, anything is possible.