

CHANGE



Study guide

January 21, 2018

Message Title: Habits

Teaching Pastor: Jerimy Ford

Bible Verses:

- Luke 6:46-49 CSB

Key Points

1. What is the one habit that you feel like God is calling you to change?
2. What are the cues to the habit you need to change?
3. Given the three aspects of the habit loop (the cue, the response and the reward), what are some things you can put in place to ensure a different response to your habit cues for the next 90 days?
4. How is changing this one habit going to bring you closer to God?
5. Read 1 Corinthians 10:13, how does what Paul is saying here help in forming new habits?

Notes: