

HABITS

Small disciplines that can
make big changes in your life

PART 5 — DECIDING WHO I WANT TO CHANGE WITH

ECCLESIASTES 4:9-12 PASTOR NOLAND STEWART OCTOBER 18, 2026

MESSAGE NOTES

BIG IDEA FOR THE WEEK: THE _____ WE SURROUND OURSELVES WITH, WILL
DETERMINE WHETHER THE CHANGES WE MAKE WILL _____.

1. WE ARE _____ WHEN DON'T TRY TO CHANGE ALONE.

2. THE RIGHT PEOPLE HELP US _____ THE RIGHT PEOPLE.

SMALL GROUP AND DISCUSSION QUESTIONS

1. WHAT IS AN AREA IN YOUR LIFE, WORK, OR SPIRITUAL ROUTINE WHERE YOU ARE CURRENTLY TRYING TO CARRY A HEAVY LOAD ALL BY YOURSELF INSTEAD OF SHARING THE WORK WITH OTHERS?

2. IN WHAT WAYS DO WE TEND TO HIDE OUR STRUGGLES OR FALLS OUT OF FEAR OR SHAME, AND WHO IN YOUR LIFE CURRENTLY HAS THE PERMISSION TO ASK YOU HARD QUESTIONS AND HELP PULL YOU UP?

3. WHEN YOUR SPIRITUAL "FLAME" STARTS TO COOL DOWN, DO YOU TEND TO ISOLATE OR LEAN INTO THE CHURCH? HOW CAN THIS SMALL GROUP ACT AS A SOURCE OF WARMTH AND ENCOURAGEMENT FOR YOU THIS WEEK?

4. WHAT DOES IT LOOK LIKE PRACTICALLY FOR THIS GROUP TO "STAND BACK-TO-BACK" AND PROTECT OR SUPPORT ONE ANOTHER AGAINST SPIRITUAL TEMPTATION, DISCOURAGEMENT, OR ISOLATION RIGHT NOW?

THE RUTHLESS ELIMINATION OF HURRY STUDY ON RIGHTNOW MEDIA

The
Ruthless
Elimination
of
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