

HABITS

Small disciplines that can
make big changes in your life

PART 2 — DECIDING WHAT I WANT TO PURSUE

1 TIMOTHY 4:7-8

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MESSAGE NOTES

BIG IDEA FOR THE WEEK:

GOALS DETERMINE DIRECTION; _____ DETERMINES DESTINATION

1. EVERY HABIT IS AN _____ WE ARE MAKING

2. EVERY HABIT IS _____ FOR WHO WE ARE BECOMING

SMALL GROUP AND DISCUSSION QUESTIONS

1. WE SAID, “EVERY HABIT IS AN INVESTMENT WE ARE MAKING.” WHAT DO YOU THINK THAT MEANS? WHAT ARE SOME THINGS—BESIDES MONEY—THAT WE REGULARLY INVEST IN THROUGH OUR HABITS?

2. PAUL TELLS TIMOTHY TO “TRAIN YOURSELF TO BE GODLY.” WHAT IS THE DIFFERENCE BETWEEN SIMPLY WANTING TO BECOME GODLY AND ACTUALLY TRAINING FOR GODLINESS?

3. WHEN YOU LOOK AT HOW YOU’RE SPENDING YOUR TIME, ATTENTION, ENERGY, AND RESOURCES, WHAT DESTINATION DO THOSE INVESTMENTS SEEM TO BE MOVING YOU TOWARD? WHAT ARE YOU CURRENTLY TRAINING FOR?

4. PAUL SAYS GODLINESS HAS VALUE BOTH “FOR THE PRESENT LIFE AND THE LIFE TO COME.” HOW COULD BECOMING MORE GODLY CHANGE THE WAY YOU EXPERIENCE ORDINARY THINGS RIGHT NOW—RELATIONSHIPS, DIFFICULTIES, SUCCESS, DISAPPOINTMENT, OR CONTENTMENT?

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Break Bad
Habits, Tame
Toxic Thoughts,
and Renew Your Mind

A 5-day plan by Dr. Alan Weissenbacher



[HTTPS://WWW.BIBLE.COM/READING-PLANS/44592-BREAK-BAD-HABITS-TAME-TOXIC-THOUGHTS-AND-RENEW-YOUR-MIND](https://www.bible.com/reading-plans/44592-break-bad-habits-tame-toxic-thoughts-and-renew-your-mind)