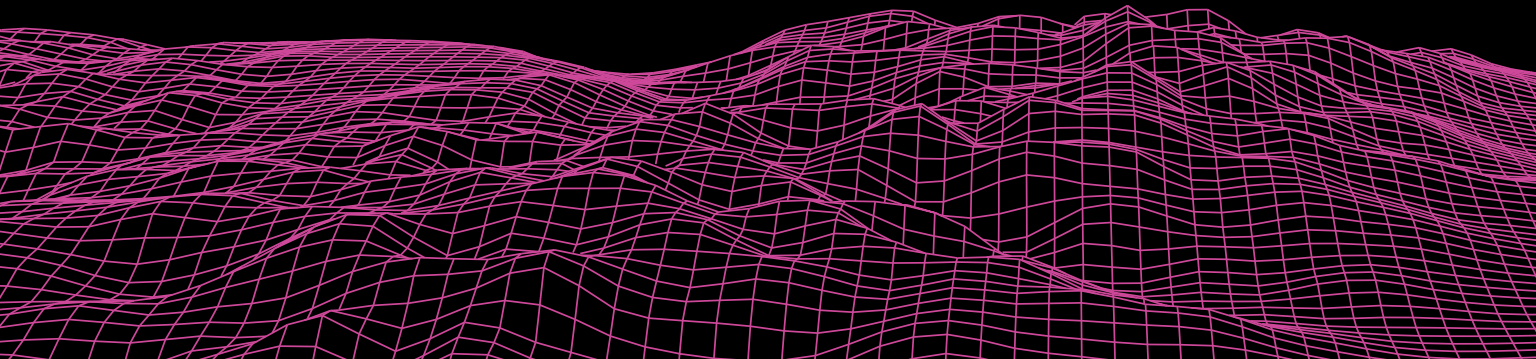


WEEK 3

CULTIVATE CRUCIAL HABITS



LAUNCH PAD

When Neil Armstrong touched the surface of the moon for the first time, these words were broadcast all over the world: “That’s one small step for man, one giant leap for mankind.” The jump off the ladder onto the moon was arguably the most famous step in the Apollo mission, but it wasn’t the only one—it took millions of tiny steps to get there and back. That’s the power of small things and daily habits. They might seem inconsequential in the moment, but over a long period of time, they can make a huge difference and help us take giant leaps.

- What is the hardest thing you’ve ever had to train for in order to accomplish it? How long did you train, and what did you do?

LIFTOFF

WATCH THIS WEEK'S VIDEO.

Use the space below to take notes (or doodle, whatever works best for you).

STATUS REPORT

- Jeff mentioned the following quote: “We tend to overestimate what we can do in the short-term and underestimate what we can do in the long-term.” Have you found that to be true in your own life? How?
- Are you in danger of overestimating what you can do this season or underestimating what you could do in the next five years? In what way?
- Sean Covey said, “Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.” Based on your current habits, who are you becoming? Are these habits helping or hurting you?

Read **1Timothy 4:7-16**.

- What do you think it means to train to be godly? What can we learn about it from the different steps and habits Paul mentions to Timothy in this passage?
- What have you learned about being diligent in your spiritual life? Would you describe yourself as diligent right now? Why or why not?
- Have you seen how a daily discipline wound up shaping you in a big way over the course of a long period of time? What was the discipline, and what difference did it make? How long did it take to make a difference?

We don’t naturally drift towards transformation. We have to be intentional about it. To help you think through ways you can train to be godly, take a few minutes to do the **Diagnostic Activity** on the next page. Then, discuss the following questions together:

- What are one or two habits you want to start or steps you want to take that will help you get to where you want to go? Share with the group.
- Is there a bad habit you want to stop because it’s not helping you?
- Are you feeling discouraged in an area of life because you’re trying to make positive changes but aren’t seeing any results yet? How can we encourage one another as a group?

Close by praying for each other as we all take steps to keep moving forward. Also, point out the *Daily Quest* reflections as a great way to develop the private discipline of reading the Bible during the week.

DIAGNOSTIC ACTIVITY

TRAINING TO BE GODLY

If you're in this group, you probably have a goal of growing spiritually. But what does that look like? Author Michael Hyatt writes, "To accomplish our goals, we must distill our dreams into daily actions." On page 29, there is space to write out the first few actions you need to take to reach that goal. As you think this through, here are two big tips to consider.

1 CONSIDER THE CATALYSTS

There are five things God uses over and over again to grow faith. How can you leverage these catalysts in your daily life to experience more of His transformation?



PRACTICAL TEACHING

Studying the Bible and learning how it is relevant to everyday life.



PRIVATE DISCIPLINES

Things like praying, reading the Bible, fasting, spending time in solitude, and giving deepen our relationship with God.



PERSONAL MINISTRY

God does something in us when He does something through us.



PROVIDENTIAL RELATIONSHIPS

God uses intentional relationships to influence us in big ways.



PIVOTAL CIRCUMSTANCES

When big things happen, good or bad, they change the way we interact with God and often cause us to pay attention to what He's doing.

2 UTILIZE NORMAL RHYTHMS

It's easiest to develop new habits around daily activities and typical moments in our day. Consider adding a purposeful step into one of these three areas:



“RISE-AND-SHINE” ROUTINE

What can you do when you first wake up in the morning?



“CLOCK-IN” OR “CLOCK-OUT” ROUTINE

What can you do when you start or stop your workday?



“GOODNIGHT” ROUTINE

What can you do right before you go to sleep?

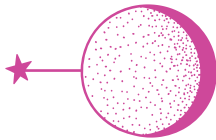
GOAL

Grow in my spiritual life this season.

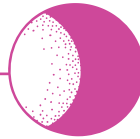
ACTION STEPS

List out a few actions you need to take to grow spiritually this season. Get as specific as possible.

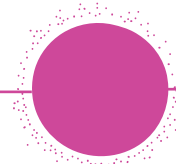
DAILY QUEST



DAY 1



DAY 2



DAY 3

READ

1 THESSALONIANS 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

REFLECT

Take a moment right now to pray to God, thank Him, and rejoice that He is with you.

READ

PSALM 111:10

The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

REFLECT

Rewrite this verse in your own words and meditate on it.

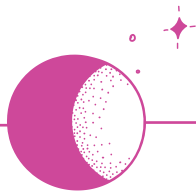
READ

ECCLESIASTES 3:1

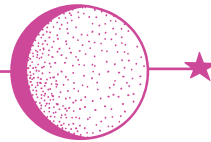
There is a time for everything, and a season for every activity under the heavens.

REFLECT

What do you need to prioritize during this season of life? Who do you need to spend time with? And what do you need to cut out?



DAY 4



DAY 5

READ

MATTHEW 11:28

Come to me, all you who are weary and burdened, and I will give you rest.

REFLECT

What would it look like to rest and find refreshment in Jesus today?

READ

MATTHEW 14:23

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone.

REFLECT

Don't feel guilty about carving out time for yourself. Jesus did it, and so can you.