

Feb. 4 & 5

How to Make Winning a Habit

IN A NUTSHELL

Over the past four weeks, we have been studying how to chase the giants in our lives. This week, Dr. John C. Maxwell shares on how to make winning a habit, which will help us be prepared to face and chase any giants in the future.

TALK IT OUT

Read **Philippians 3:13-16**

- When you were a kid, what was a bad habit you picked up? Did you ever try to break that habit? What made it hard to break, and what motivated you to do so?
- What is Paul's goal in Philippians 3:13-16? What motivated Paul to forget the past and look forward to what lies ahead? Why can this be difficult for us to do?
- What are some habits that hold us back from growing spiritually? Have you recently tried to start a spiritual habit? How is it going?
- Compared to a year ago, what are some ways you've seen yourself grow more like Christ? A year from now, what progress would you like to make spiritually? What habits do you need to form to get there?

DRAW IT OUT

Did you know that it can take anywhere from 21-66 days, or more, to form a habit? Here are a few tips that might help you get started:

- Commit to Thirty Days - See how much progress you make over a month
- Start Simple - Think 'one step at a time.' Don't set yourself up to fail by trying to change everything in one day or week. Set small daily goals!
- Find a Buddy - Invite someone to develop a habit with you. This will provide encouragement, accountability, and a sense of team!
- Give Yourself Grace - If you mess up or miss a day, it's okay! The important thing is that you don't give up...Just start again tomorrow!

LIVE IT OUT

A great habit to start is daily studying God's Word. You can start this by picking up the everyday Devotional in The Source Bookstore and reading it everyday!