

## Get in the Habit(s)!

"Back In The Swing" series- Part 02

Use the next few minutes to connect and fellowship with other members of the group by discussing the following: What good habits do you most admire? Why?

*"Let's get on the same page" illustration:*

Author James Clear (*"Atomic Habits"*) states that all habits that are developed — good or bad — follows the same 3–step pattern (the 3 R's):

1. Reminder (the trigger that initiates the behavior)
2. Routine (the behavior itself; the action you take)
3. Reward (the benefit you gain from doing the behavior)

Choose one of following habits below, discuss the above 3 R's, and develop an action plan to insure success for that chosen habit:

- A. When you park your car for the day, you check out the back seat for children.
- B. Putting the trash dumpster out to the curb on Tuesday evening for the very early Wednesday morning trash pickup.
- C. Putting away your clothing instead of throwing in the floor or a chair.

We all have habits that we have developed over our lifetime. Some are good...some bad...and some have been changed or modified. What are the benefits of habits?

Think about the life of Christ for a moment, what habits did He possess?

For our study today, let's take a look at the early church and identify the consistent activities (habits) that they followed which empowered them to become a movement that changed the world:

### **Book: Acts 2:42-47**

Act 2:42 All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer.

Act 2:43 A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders.

Act 2:44 And all the believers met together in one place and shared everything they had.

Act 2:45 They sold their property and possessions and shared the money with those in need.

Act 2:46 They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity—

Act 2:47 all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.

**Let's get into the Word:**

Make a list of the early believers' activities:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Choose 2-3 of the identified activities and discuss how you would you go about making each one a habit in your life? (Use the 3 R's)

What spiritual practices have helped you over the years?

How would each of the early believer's habits help us to grow as Christians and grow closer to God?

The danger in practicing spiritual habits is that it is possible to become legalistic in our thinking and treat other Christians as inferior if they are not pursuing them as well.

EXAMPLE: One believer would shame others if they were not involved in a small group Bible study, hinting that they were never going to be a strong Christian if they did not get involved in Bible study with others.

What is the danger in what this person said?

How can we avoid getting into a legalistic mindset about practices such as church attendance, daily prayer, bible reading, giving, and group bible study?

Where does grace enter into our interaction with others in their journey toward developing spiritual habits.

**Lets go on mission:**

Which spiritual exercise needs to be developed into a strong habit in your life? What is the first step you need to take to move forward?

Collectively, as a small group, which spiritual habit needs improvement or demonstrated more consistently? Develop a plan to increase this activity in your next 2-3 meetings.