



# GROUPS AT CROSS POINT

## BREAKING THE ICE

Would you call yourself a creature of habit or a spontaneous person?

Do you have a set routine for how you get ready for the day? What happens when something interrupts your routine? Does that throw your entire day off?



## MAIN CONTENT

For the last four weeks, we've been talking about how we can shine for God throughout our days. This week, Pastor Chris Nichols spoke about renewing our minds and changing our habits.

1. What was one thing that stuck out to you from this week's message?

Pastor Chris talked about how research shows that 40% of what we do every day is a habit. These habits are patterns that our lives have, but that not all of these patterns lead us to the outcomes we desire.

Read Romans 12:2.

Paul reminds us not to conform to the patterns of this world. God created this world for us to live in and in the beginning of Genesis, God says the world He created was good. It's the patterns of the world that are not good.

2. What worldly patterns have you created in your life that aren't healthy?





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## MAIN CONTENT

### 3. What patterns have you created in your life that are healthy?

Sometimes the unhealthy habits and patterns that we have created for ourselves leave us with regret. Regret can either urge us to do better and turn to a healthy conviction or, regret can shame us, causing us to feel bad about ourselves.

In 2 Corinthians 7:10, Paul speaks about a healthy conviction that urges us to repent and turn to God for help. Shame does the opposite and can create a barrier between us and God. God never wants us to feel shame. He has never loved you more than He currently loves you and that will never change...no matter what you have done.

### 4. What ways have you tried to change a bad pattern or habit in your life (examples: self-help books, podcasts, prayer)? Did anything work?

“What we know in our minds to be true forms a conviction in our hearts which translates into action.”

Our minds tend to repeat the habits and patterns created in our lives. To change, we need to renew our minds with what God says in order to convict our hearts to change our routine (habits), to get the reward we desire.

There are a few ways to change your habits. One way is to learn your cues. Is there a certain time of day you tend to drop your guard and make bad decisions? Is there a person in your life that tends to influence you in a negative way instead of positively, which causes you to repeat a bad habit? Take some time to think about those things, people or events that can attribute to your bad habits.

### 5. Where are some cues in your life that need to be changed in order to create a “good habit loop” in your life?





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Once you know how your cues work, you can hijack your habits in order to help change them. For example, I tend to lose my patience at around 2 PM because I am tired which results in me being frustrated with my coworkers. Now that I know my cue - I can take a brisk walk around the building instead of snapping at my coworkers. Walking around the building creates a new habit. Walking also gets the blood pumping, creating energy and combatting the sleepiness that results in a bad habit of being grumpy and frustrated.

6. Which habits can you hijack and change in your life now?

The last and most transformational way to change your habit is to cultivate belief. You are more likely to change when you believe that change is possible, especially when that change is possible with Jesus. Christ inside us can give us the power to change through His strength that He gives each of us (Philippians 4:13).

God loves us and wants what is good for us. The reason we change our habits is to be like Him and align ourselves with His heart and will for our lives. The good part is, He gives us the strength and power to do this when we are connected to Him.

7. Where can you let God transform your thinking and belief that with Him, you can change the habits in your life?





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## PRAYER

God, thank you for your holy conviction in my life. The conviction that shows me where I depend on myself and how I need to depend on you. Show me the unhealthy patterns and habits of my life that need to be transformed by renewing my mind to the good things you say about who I am with you. Give me the strength to quit depending on myself and start relying on you and your strength to change me. In Jesus name, Amen.

## ACTION STEP

This week, pay attention to the cues and habits in your life that need to change. Write them down or journal about them. Then ask God to show you how to change them with His strength and help. Come back next week and share the changes with your group.

Don't forget to sign up for Serve the City with your group members. Each person in the group can go to [crosspoint.tv/local](http://crosspoint.tv/local) to sign up individually.

