



COMMUNITY GUIDE

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WEEKLY APPLICATION

TAKEAWAY: Our lives are the sum of all the small decisions we make.

HEAD CHANGE: There are no shortcuts to the long journey of faithfully following Jesus.

HEART CHANGE: Know who you are becoming.

LIFE CHANGE: Do not grow weary in doing good. Stay habitually stuck on the journey of following Jesus.

OVERVIEW

How Change Happens

92% of New Year's resolutions fail by Valentine's Day. 97% fail before the end of the year. You know that by now. But the desire to change, reset, make progress, and grow cannot be broken. We all desire to "get better". There is something in the heart of humanity that wants another shot, to try again. But have you ever wondered, "Why don't I do what I really want to do?" Well, you are not the only one. How do we change? That is what we are talking about in this teaching.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you which is good and pleasing and perfect."

-Romans 12:2 (NLT)-

DISCUSSION QUESTIONS

1. Why do you think God cares about our small choices?
2. Based on who you want to become, what is one small habit you want to begin?
3. Which of your systems or habits are working well and which need some work?
4. Write out one implementation intention that will help you practice your desired habit this week?

CLOSE IN PRAYER

Father, we can't do any of this without You. Thank You for showing us the places we can grow to become more like Jesus. Holy Spirit, we need Your power to break off old habits and start new ones. We pray this by the powerful name of Jesus, Amen.

IN THIS TOGETHER!