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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**

#### The Heart of Our Habits That Matter the Most

Obedience is central to Jesus' form of discipleship, as it was to other forms of discipleship within Judaism. But Jesus calls his followers to adhere to the *motive* behind obedience to God, not simply to carry out external compliance. **Motives.** Why do we do the good things that we do?

"For God knew his people in advance, and he chose them to become like his Son..."

-Romans 8:29 (NLT)-

# **DISCUSSION QUESTIONS**

- 1. What stood out to you in this teaching? Why do you think that resonated with you?
- 2. In your own words, how does your identity shape your habits and how do your habits reinforce your identity? If you have trouble explaining, is there an example in your own life you can give?
- 3. Are there areas of your life that you have recognized your motives are not like Christ? Take some time to write them down and ask the Lord to adjust your motives?
- 4. What do you plan to do in order to implement the spiritual disciplines we have talked about in this teaching?

### **CLOSE IN PRAYER**

Father, we cannot 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.