

MULLIGAN

What's a Habit You Can Break?

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The same way we don't become successful overnight, we don't wreck our lives all at once, either. We do that one small step, one small decision at a time.

MESSAGE NOTES AND HIGHLIGHTS

- Your life is the sum total of all the small decisions you make.
 - "Our habits make or break us. We become what we repeatedly do." | Sean Covey
 - "Bad" habit = anything we repeatedly do that leads us in a direction away from who God wants us to be.
 - To become who God wants you to become, what is a habit you need to break?
 - To break a habit, make it as difficult as possible.
 - The Habit Loop: cue, routine, reward.
 - Find a way to remove or interrupt your triggers, or to change or disrupt your actions.
 - 5 Triggers for Bad Habits: Place, Time, Mood, Moment, People
 - Walk with the wise and become wise, for a companion of fools suffers harm. | Proverbs 13:20
 - We stay stuck when we think, "I should be stronger."
 - Shame makes us think we should be stronger, we should be better, we shouldn't be in this place.
 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. | 2 Corinthians 12:9
 - "My grace is enough; it's all you need. My strength comes into its own in your weakness." | 2 Corinthians 12:9 (MSG)
 - That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. | 2 Corinthians 12:10
 - Jesus invites us to step into grace. It's okay to admit we're weak. It's okay to ask for help.
 - If we lean into God's help, if we lean into each other, we can begin to change the script.
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DISCUSSION QUESTIONS

1. What new habit have you chosen to focus on? What's working well? What's been challenging?
2. What is a bad habit you've broken in the past? What worked? What didn't work?
3. To become who God wants you to become, what is a habit you need to break?
4. Which of the following triggers makes your bad habit(s) easier: place, time, mood, moment, people?
5. Is it hard for you to ask for help or let people know what's going on with you? Why do you think that is?
6. Who can you ask for help or how can you seek help as you seek to break your habit?