



# It's Only Crazy Until You Do It

## Part 3 - Focus on Habits That Make Us Better

### Discussion Guide

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Brushing your teeth, binge watching netflix, putting your dirty clothes in the hamper, putting your dirty clothes on the floor... Whether they are good or bad, we all have habits. Let's look at how we can focus on habits that make us better.

#### ***Jump Start***

*Leader: This section is designed to get discussions started, examine God's truth, and apply it to our week.*

1. What is one habit your friends/family would say you should change (can be funny)?
2. *We form habits, then habits form us.* **Read [Romans 7:18-20](#)**. In this passage Paul talks about doing something he hates. Why does Paul keep doing the things he hates? Do you identify with Paul in having a habit that you hate?
3. *Focused on Prayer.* Daniel, a prophet from the Old Testament, was persecuted for his beliefs and told he could no longer pray to the one true God. **Read [Daniel 6:10-11](#)** for his response. What was Daniel's response? What habits did Daniel have around his prayer life? Do you have a set spot and time for prayer? If not, what habits do you need to create to help you focus on prayer?
4. *Focused on His word.* **Read [2 Timothy 3:16-17](#)**. What do these verses tell us about Scripture? How can Scripture help you with the habits you already have or habits you are working to create?
5. Final Thought: *Focus on a habit of surrender.* **Read [Hebrews 12:1-3](#), [1 Peter 5:7-8](#) and [John 8:44-47](#)**. According to these passages what does it mean to surrender? What habits do you need to surrender? What do you need to do (physically or mentally) to set yourself up to build good habits?

**Deeper**

*Leader: This section is designed for further use in your Life Group or for personal study.  
These can also be used as discussion points and ways to stay connected with  
your group throughout the week.*

6. Here are a few passages that talk about habits. Read the following and jot down notes about what they say about habits.

a. [Romans 7:15-25.](#)

b. [Romans 12:2](#)

c. [Mark 7:20-23](#)

d. [Proverbs 4:20-27](#)

e. [Galatians 6:1-18](#)

7. After reading these scriptures, what do you see as the keys to building or breaking habits?

8. When building a habit, we can often focus on “The Streak” of doing good rather than the why behind the habit. Why do you want to build the habit you are seeking? How does this focus affect your resilience?