

Ever wonder why we find change so hard?

Getting started

What do you think about change.... Do you like it or would you prefer things to stay the same? When do you find change easier to handle?

If you could wave a magic wand and make this year different from last, what thing would you magically change?

Getting stuck in

This week we are considering the question of why we find change so hard.

Pick from the questions below to encourage conversation with your group. You don't need to use them all...

- Which part of the message did you find most impactful and why?
- Which is more difficult for you: making a habit or breaking a habit. Why do you think that is?
- What's a positive habit you do occasionally that you'd like to do consistently?
- Read Romans 7: 15-25. How can you relate to the Apostle Paul?
- What are some of your habits that strengthen your relationship with God
- It's easy to get discouraged when we don't see progress fast enough. What's one way you could encourage yourself to keep going when you don't see progress immediately?

Getting personal

- We talked about the habit cycle and around cues and actions.....What's a cue and action you would like to put in place
- What are some triggers you could interrupt? What's something healthy you could do instead?
- Read Zechariah 4;10. How will you start small this week? Why do you think God cares about our small choices?

Encourage each other using one of the below invitations for prayer....

Think about one area that you might be trying to manage without God. Pray for each other for those areas and spend the next week inviting him into that area

What one habit this week can you start, to move towards who you want to become? Pray for each other....