



THE POWER TO CHANGE

Build Habits That Last // Jeff Brodie // January 19, 2025

Significant positive changes don't happen overnight—they start with small, intentional steps. This week's message explores how planting the right habits today can grow into the life you've always wanted tomorrow. Come and learn practical ways to build consistent, God-honouring habits that lead to spiritual transformation.

Scripture: [1 Samuel 16:14-18 NLT](#); [17:32-37 NLT](#); [1 Timothy 4:8 NLT](#); [Zechariah 4:10 NLT](#)

Bottom Line: God often does big things through small habits.

Discuss:

Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.

1. What's one small change you've hoped to make but haven't started yet? Why do you think that is?
2. Reflect on your daily routines. How many of those routines are habitual? Did it surprise you to recognize how much of what you do is habitual? Why or why not?
3. Read [1 Samuel 16:14-18](#) and [1 Samuel 17:32-37](#). In both accounts, you see God using David publicly due to the habits he had practiced quietly as a shepherd. The habits we want to build to experience change are often unseen and yet powerful. Can you name a habit people do quietly that has incredible power? Think about how you could incorporate something like this into your daily rhythms.
4. Read [1 Timothy 4:8](#). While Jeff didn't have time to cover it in his message, how does this verse speak to the value of helping one another grow into who we are becoming in Christ in a practical way, like habit building?
5. The cycle of building a habit is usually as follows: Cue → Crave → Respond → Reward. If you want to start a new habit, create a cue. Where have you seen this work in your own life? Or, if you've never tried this before, how could you use a cue to start a new habit?
6. Craig Groeschel's book *The Power to Change* explores five facets that most researchers share around starting a habit: Obvious, Attractive, Easy, Communal, and Repetitious. As a group, choose a habit and see if you can use all five facets to reinforce it.
7. Have you ever experienced a "valley of disappointment" when trying to make a change? Maybe you have already this month with a new year's resolution? How did—or could—this perspective on habits help you push through?

8. Zechariah 4:10 says, "Do not despise these small beginnings, for the Lord rejoices to see the work begin." It's hard when you're working on something and don't see immediate results. How can you keep each other encouraged as you strive to build a habit in our culture of immediate gratification?

Moving Forward:

When you see change or struggle, remember to keep focusing on the truth of your identity in Christ (go back to Part 2 if you need a reminder). It's a journey of change.

Make a game plan for how you will respond when you drop the ball on a habit you're trying to start. Here's how David described how he changed his mindset when he made a mistake:

*The Lord directs the steps of the godly. He delights in every detail of their lives.
Though they stumble, they will never fall, for the Lord holds them by the hand.*

Psalm 37:23-24 NLT