



You: Seven Habits | February 1, 2017

Discussion Guide

The Scoop

We all want to be better, but we want to know that our efforts will pay off. There is no secret sauce to spiritual growth, but this simple list of 7 habits may be helpful in your efforts for bettering your spiritual life.

Key Verse

Jude 20 (NIV)

But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

Discussion

Most of us are willing to put in the work if we can be sure that the efforts will pay off. Practice, working out, or investing time and money in anything gets easier the more sure we are that we will experience return on investment.

1. What is an example of something you have done only because you knew it would pay off in the end?
2. Can you think of something you quit or don't currently do because you don't think it's worth it?

We work harder when we know that hard work will pay off, but our commitment and efforts wane if we feel like we are making no progress or just guessing. It doesn't seem to matter if it's career, family, or faith based, we will put our efforts where we feel it matters.

3. What are some things you have tried in regard to growing in your faith or connecting with God that have not worked for you?
4. What has been the most consistently effective part of growing your faith or connecting with God?

Jude 20 says that we need to build ourselves in the faith, which will help us draw nearer to God. "Building" suggests some intentionality and investment. Try applying the 7 habits below in order to build up your faith:

1. **Regularly Self-evaluate:** Where are you? Where do you want to be? How do you get there?
2. **Find a Coach/Mentor/Wise Counsel:** They offer perspective, ask difficult questions, and provide accountability.
3. **Read:** Read the Bible, devotionals, novels, self-help books, etc. God shows up when our brains are opened through reading.
4. **Don't do life alone:** find a local church, small group, house church/group. God designed us to engage with others.
5. **Pray:** Relationships improve through communication...talk to God.
6. **Give & Serve:** Give and serve regularly and intentionally. Giving and serving humbles us and better aligns our hearts with God's.
7. **Commit:** In order to build yourself in the faith, make these a part of your regular, everyday life.

5. Which of the 7 is easiest? Which is hardest?

What's Next?

This week start with #7 and commit to making these habits a regular part of your everyday life and see how much your faith journey and spiritual life grow. Applying these habits will all but guarantee your efforts will pay off.