



WEEKLY REFLECTION & CHALLENGE SHEET

"New Beginnings" | January 10, 2021

ICE BREAKERS:

If you were guaranteed success, what is one thing you would attempt this year?

Share together:

What does a typical day look like for your? What things do you do habitually every day?

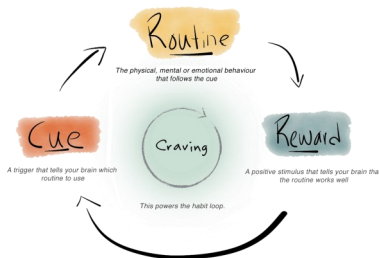
Read together: Daniel 6:1-22

What habits had Daniel established in his life?

How did those habits benefit Daniel's professional life?

How did his lifestyle prepare him for the difficulties he faced?

Why do you think that Daniel could say, "Long live the King!"



Reflect: What do you think about the "Habit Loop"?

What CUES/TRIGGERS are in your life?

“

What ROUTINES/HABITS are formed from those cues?

What REWARD do you receive from that particular habit?

New cues in your life should be OBVIOUS & EASY ...

What new GOALS or HABITS would you like to form in your life this year?

Describe the reminders/cues/triggers you need to create to help you accomplish those goals?

This week's challenge: Prayerfully consider one new SPIRITUAL habit you would like to form this year.

(bible, prayer, giving, family, relationships, love, mercy, etc)

.What cue can you establish to make this happen?

HUGE Challenge: Begin this year with a fast (going without). Fasting is a way to seek God's will and favor in your life. Research safe ways to fast and discover the blessing!