



WEEKLY REFLECTION & CHALLENGE SHEET

"Saying Goodbye" | January 17, 2021

ICE BREAKERS:

What is the most challenging habit to end in anyone's life?

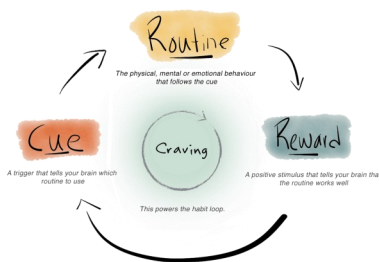
What is the most challenging habit you have ever defeated in your life?

Share together:

How has God challenged you during this series with the habits you need to form in your life?

Reflect: Sometimes, it's not about how you need to BUILD your life, its about how you DON'T want to build your life. Cravings in our life often cause us to chase after things that bring us pain and nothing that is lasting. *How does JAMES 1:21 speak into this reality?*

Explore why Good habits are hard to start - but Bad habits are easy to start?



How can we defeat the cravings in our life?

Review the triggers in our life: Places, Times, Moods, Moments, People

How do we make the CUES difficult?

What HABITS do you need to eliminate in your life?

Describe the reminders/cues/triggers you need to eliminate in order to break the habit?

This week's challenge: Prayerfully consider one bad/harmful habit you would like to eliminate this year. How can you make your cues more difficult?

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!