



The NIV version of the Bible is used for these questions.

1. Pastor Rick said that hope alone will not change our lives, but divine habits will. What is a habit? What are the three characteristics he said form a divine habit? What is a good habit you have? What is a bad habit people have? Are there neutral habits?
2. Read Daniel 6:1-10. From what the administrators said and did, how can you tell that Daniel habitually did things in service to God? What habit of Daniel's was the new law aimed at and how did he respond? Do you think you would have responded the same way if you were in his place? Did God deliver him from the consequences of practicing his habit? Why not, if it was something God wanted him to do?
3. Read 1 Corinthians 9:25-27. What point does Paul make concerning athletes who are trying to win a contest? Why do you think he uses this as an analogy, what point is he making for us to follow or learn? Is what is necessary to do to win always easy?
4. There are four main habits we must develop in order to be healthy spiritually and to grow in our faith, do you know what they are? Which one is already a habit for you? Which one do you need to work on to make it a habit in your life?
5. Pastor Rick talked about the "habit loop". From what he explained, how does it work? Have you ever experienced this loop before? How? Read James 1:13-15. Is the habit loop another way to explain how temptation works? What did he say we must do to escape the loop? Read Psalm 119:11. How could memorizing scripture help us escape the loop? Would this be a good habit to develop?
6. When you want to stop bad habits or begin new ones, what will oppose you? What are some tools you can utilize to help you develop good habits?

## ANSWERS

1. *A habit is a behavior that you have done so frequently, you do not even have to think about how to do it, you simply do it. The three characteristics of a divine habit are: a. it is rooted in scripture; b. it recharges your connection with God; and c. it reignites the transformation of your character. Some habits are neutral, like how you regularly do your hygiene routine.*
2. *The administrators actually counted on Daniel practicing his regular habits as a way to trap him. They attacked his habit of regularly praying only to God by passing the law requiring people to only pray to the king, which would have been wrong for Daniel to do. God did not deliver him from the consequences of doing what was right because God had a plan to actually make Daniel's habit a way for God's glory to be demonstrated and as a test of Daniel's faith. Sometimes we have to be willing to suffer for doing what is right, it is what proves our sincerity of our service to God.*
3. *Paul makes the point that athletes must habitually do hard things in order to succeed at their sport. It is the same with our spiritual lives: We must habitually do things that are not always convenient or that we do not feel like doing in order to succeed. Athletes and Christians must both work hard to accomplish what they want.*
4. *The four things we must do habitually to grow are: a. spend time in God's Word; b. prayer; c. give of our time, talents, and treasure; and d. fellowship with other believers.*
5. *The loop is that first there is a cue, something that attracts or makes you think of doing something. This then ignites a craving within you to do what you are thinking about. The craving then compels you to respond to fulfill the craving. Satisfying the craving then becomes the reward which then reemphasizes the cue. This is exactly how temptation works in James 1, but James 1 says that the cue must lure you away from something. This something is the truth God tells you about the activity that you are craving to do. If you memorize scripture, and when you encounter the cue you think about what God says about that activity and how it is wrong, this diverts your mind and prevents the craving from taking over your actions, thus short-circuiting the loop.*
6. *The three things that will oppose you are: a. your flesh, your sinful nature will compel you to keep doing the bad habit or to not start the good habit; b. the world, our society will reinforce in your mind why the sinful thing you are thinking about doing will be good or that the good thing you are trying to do is stupid; and c. the devil, who will always tell you a lie about the bad thing or the good thing. Some tools we can utilize to replace bad habit with good habits are: have an accountability partner who can keep you accountable to do the things you want to do, just like people have someone to work out with at the gym; perhaps from your small group; tell others what you are trying to do and ask them to pray for you; going to church habitually; apps that help you to read God's word regularly; keep a journal of what you are learning from your time in God's Word and prayer; etc.*