

COMMUNITY GROUP GUIDE

HABITS Message Series

Stopping
for the week of June 20, 2021

1. What new habit is God leading you to focus on? What's working well? What's been difficult?
2. Share a time when a friend influenced you to do either something great or something not-so-great.
3. Read Proverbs 4:14-15. How would you apply this to your life today?
4. Think of the last time you broke a habit. What worked? What didn't work?
5. Based on who you want to become, what is the first habit do you want to break?
6. Look down the road. Where could you end up if you don't break a bad habit?
7. The five common triggers for bad habits are Place, Time, Mood, Moments, and People. What are some triggers you can interrupt? What's something healthy you can do instead?
8. Read Proverbs 13:20. Who are the wise people you want to ask for help? When will you do it?
9. Ask the right people to help you break your habit. It's good to get professional help if you need it. Do whatever it takes to let God work in you.

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