

Isolation To Connection
Habits For Healthy Connection

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Part 3

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1. The habit of _____

Romans 8:5-6 "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." (ESV=English Standard Version)
II Corinthians 10:5 "...we take captive every thought to make it obedient to Christ." (ESV)

- Think correctly about yourself
- Think correctly about healthy connections

2. The Habit of _____

*Romans 3:10 "As the Scriptures say, "No one is righteous— not even one."
(NLT=New Living Translation)*

Galatians 6:7 "Don't be misled—you cannot mock the justice of God. You will always harvest what you plant." (NLT)

3. The habit of choosing _____

*I Corinthians 15:33 "Do not be misled: "Bad company corrupts good character."
(NIV=New International Version)*

- Emotional connection
- Respect personal boundaries
- Handling failures
- Treat you as equal

4. The habit of relational _____

Proverbs 4:23 "Guard your heart above all else, for it determines the course of your life." (NLT)

- Boundaries are the habit that guards our hearts
- Learning to set boundaries and say "NO" is not sinful
- Boundaries are also emotional
- Boundaries protect us from corner 2 connections

5. The habit of developing your _____
Psalm 37:4 "Take delight in the LORD, and he will give you your heart's desires." (NLT)

- Habit of God's word
- Habit of Prayer
- Habit of a Spiritual community

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Discussion Questions:

1. Have you ever thought of how you think as a habit? (Why/Why Not?) Do you ever struggle thinking correctly about your need for real connections with others?
2. Why is the habit of ownership so important to experience real connections?
3. Discuss the four qualities of healthy people we look for to connect with.
4. Why are boundaries so difficult at times? Why do boundaries guard our hearts? Discuss your own struggle with boundaries.
5. What habits do you have that help your spiritual connection with God? Are there some habits that you need to develop?