

As we establish habits, pathways are formed in our brains that make it easier for us to perform the habit without thinking. Some of these can be positive, while others can be wildly destructive. But our lives don't have to be ruled by these destructive habits. In Christ, we can find freedom as He transforms the way that we think.

Discussion Questions

- 1. What are some of your habits—good or bad? What is one habit that you'd like to break free from?
- 2. Most of our habits have a trigger—an environment or emotion that cues up our mind's desire for a reward. When you think of some of your bad habits, what are the common triggers for you?
- 3. **Read James 1:14.** Our habits are fueled by the reward our brains are seeking, good or bad. When it comes to your bad habits, what positive reward could replace the destructive reward you're currently seeking—accountability, affirmation, exercise?
- 4. **Read Ephesians 4:22-24.** Renewing your mind begins with changing the way that you think. What new habit or routine can begin to counteract and replace your destructive habit?

Challenge

The only way to break the patterns of how you think and behave is to change the way you think. Spend time this week writing about your destructive habits and the changes you can make in your daily routines to begin the process toward freedom. For accountability, share what you wrote with a trusted friend or family member.

Commit to Memory

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. **Romans 12:2**