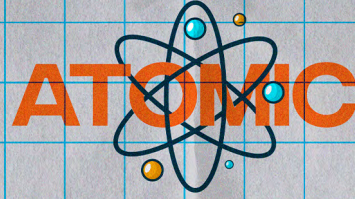


# WEEK 1

## SMALL GROUP GUIDE



Habits! We all have them, so let's talk about them. Whether you've got good habits (like getting enough sleep or remembering to floss) or bad habits (like biting your nails or checking your phone too often), most of your habits are probably small, tiny, hardly noticeable habits. But over time, those tiny habits can really impact your life, for good or bad. So what about your spiritual habits? What are the small things you do every day that either draw you closer to God or keep you at a distance? In this 4-week series, we'll discover some principles from Scripture that have the power to help you develop tiny habits that can make a big impact — habits like **spending time with God, investing in your relationships, sharing your faith story, and worshiping with your life.**

### THIS WEEK

#### THE BIG IDEA

Make it a habit to spend time with God.

#### THE BIBLE

Matthew 17:1-8; II Corinthians 3:18-4:2;  
Psalm 51:10-12

- **What's one weird habit you have that none of us probably have?**
- **Have you ever tried to develop a new habit or break an old one? How'd that go?**
- **What are some habits you've been told can help you grow spiritually?**
- **What are some habits you've tried to develop to help you grow spiritually? How'd that go?**
- **How do you think Jesus' transformation on the mountaintop changed His disciples' view of Him?**
- **Has your understanding of Jesus ever changed as a result of spending time with Him? If so, what happened? If not, why do you think that is?**
- **Read Psalm 51:10-12. How can spending time with God change our hearts?**
- **Has your heart ever changed as a result of spending time with God? If so, what happened? If not, why do you think that is?**
- **What's something about your heart that you want to see God transform?**
- **This week, what's one habit you want to develop to help you spend time with God? How will you do it?**

#### ACTIVITY

Share your habit stacks with each other! See if anyone has identified a habit stack that would be helpful to someone else in the group.