

8 Habits for Growth

A Summary of Season Two of the Gospel for Life Podcast



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Introduction

In season two of the Gospel for Life podcast, I got to interview some smart people about the themes of my book *8 Habits for Growth*.

I'm glad I did. I learned so much from each of the interviews.

In this short booklet, I summarize some of the key lessons I learned. I'm also including links in case you want to learn more.

Please share this booklet with others. And please let me know if you have any questions. Email me at darryl@gospelforlife.com.

I hope you enjoy what follows.

Darryl Dask

Co-founder, Gospel for Life

1

Make Time



Make Time



Key Principle

Our time is God's, not ours. Our responsibility is to use it well.

Key Quote

I have exactly the right amount of time to do what God has called me to do, and to me, that's just so encouraging.

Reagan Rose

MORE

A man is lying on his back on a wooden bridge that spans across a body of water. The bridge is made of weathered wooden planks and has a simple wooden railing on the left side. The man is wearing a dark brown long-sleeved shirt, light brown trousers, and blue sneakers. His arms are resting on his head, and his legs are straight out. The water is calm, reflecting the sky and the surrounding reeds. On either side of the bridge, there is a dense field of tall, dry, golden-brown reeds. In the background, there are rolling hills under a cloudy, overcast sky. The overall scene is peaceful and serene, suggesting a moment of rest in nature.

2

Rest and Refresh

Rest and Refresh



Key Principle

Rest is a way of reminding us that we are cared for and seen, and that we don't have to prove ourselves.

Key Quote

Maybe my limit is like the light on my car that tells me that there's something going on underneath ... I think our limits ultimately are invitations to knowing God.

Ashley Hales

MORE

3

Engage the Bible



Engage the Bible



Key Principle

The Bible is a book of hope that communicates God's love for the world.

Key Quote

The Bible, irrespective of what people may think about it, pro and con, has had the biggest effect on Western civilization and it's the basis to be perfectly frank, for pretty much everything good in Western civilization.

Michael Bird

MORE

A close-up photograph of a person's hand resting on an open, thick book. The book's pages are filled with dense, small text. A large, solid orange rectangular overlay is positioned in the upper half of the image, partially covering the book and the hand. The background is a bright, out-of-focus window with light rays. The overall mood is contemplative and focused on reading or study.

4

Speak with God

Speak with God



Key Principle

We sometimes struggle in prayer because we forget to think of God as our Father. You can run to your Father with anything.

Key Quote

He can control the whole universe and he understands what you're asking, what you need, and so that's very inviting in terms of prayer.

Kevin Halloran

MORE



5

Worship and Belong

Worship and Belong



Key Principle

The church should be our primary formative spiritual community where we're exposed to views and people who hold different views and biases.

Key Quote

The physical gathering is the actual thing that keeps you in line with God's plan and keeps you distinct from everything else.

Collin Hansen

MORE



6

Care for Your Body

Care for Your Body



Key Principle

When we struggle with our bodies, including how they've been treated by others, we can know we're not alone, and that the Bible addresses such issues.

Key Quote

I can actually give myself to the service of others if I really do believe in what the Bible says about my resurrection.

Sam Allberry

MORE



7

**Simplify and
Prioritize**

Simplify and Prioritize



Key Principle

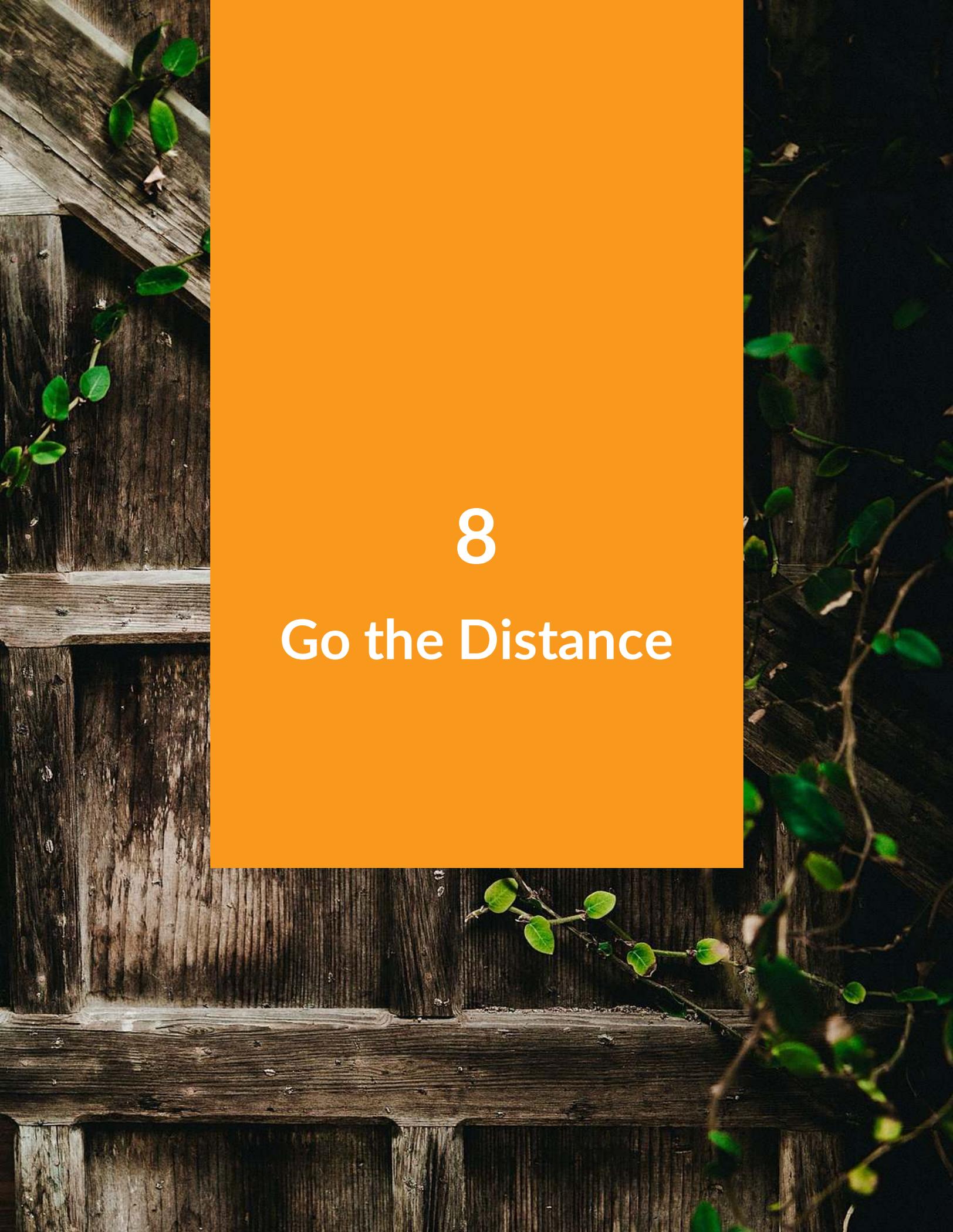
We can make the commitment, “I’m going to be committed to this place to these people and to this shared purpose.” We can refuse to treat community as a commodity. This commitment will transform how we live.

Key Quote

We don't develop when we're constantly moving. A tree can't produce fruit if you transplant it three or four times. It somehow loses the ability to produce fruit.

Nathan Oates

MORE



8

Go the Distance

Go the Distance



Key Principle

A Rule of Life helps us put on paper some of the practices that help us become the person we want to be.

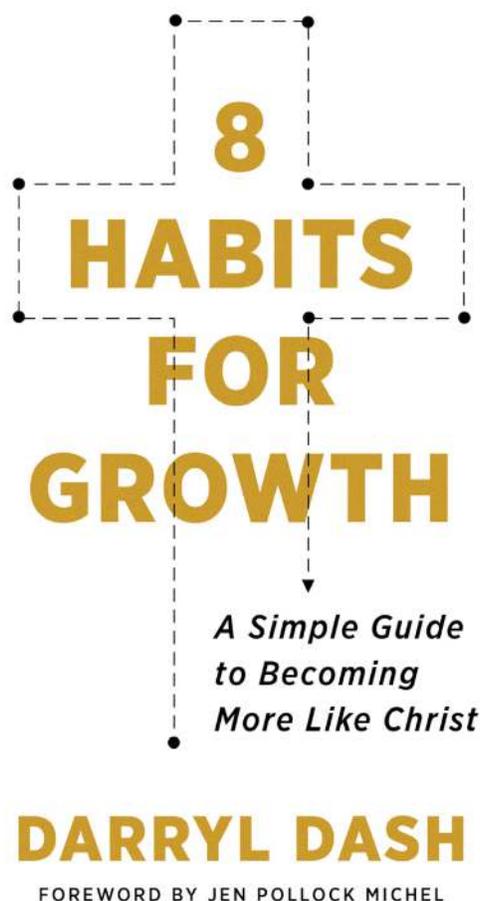
Key Quote

A Rule of Life helps me decide what are the things in life that I'm going to say yes to so that I can abide more deeply in my relationship with Jesus. And then what are the things in my life that I need to say no to, so that I can abide more deeply in my relationship with Jesus.

Rusty McKie

MORE

About *8 Habits for Growth*



Don't just do the right actions. Build habits—and watch your life be transformed.

Many books try to help you do the right actions. But the real key to life transformation—for yourself and then for others—is building habits that become part of your life. Because habits don't just dictate what you do. They reflect who you are.

In *8 Habits for Growth*, Darryl Dash wants to show you the eight long-term practices—all very doable—that will lead to permanent growth if you incorporate them into your life.

To find out more, visit <https://gospelforlife.com/8habits/>



Gospel for Life Podcast

A podcast about churches making disciples
hosted by Darryl Dash

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