



8 HABITS CHALLENGE

**8 WEEKS TO BUILD
HABITS THAT WILL
HELP YOU GROW**



Intro to Habits

What is a habit?

- “a behavior that starts as a choice, and then becomes a nearly unconscious pattern” (Charles Duhigg)
- behaviors or practices that have become so ingrained they are often done without conscious thought
- can be good or bad

Are habits biblical?

- Sort of...
- mentioned once negatively (Hebrews 10:24-25)
- the concept is repeated many times (Psalm 1, Matthew 7:7)

Why habits are important

- We already live by habit
- Some habits put us in the path of grace
- Example: attending worship at church

Why habits aren't the point

- Habits can be good, but the habits aren't the point.
- The point is that we were made to know and worship God.

Tips for building habits

- **Find a friend.**
- **Do the work.**
- **Practice the Clean Slate Policy.**
- **Pursue progress, not perfection.**

Tips for building habits

- **Shrink the challenge.**
- **Keep going, even when you don't see progress.**
- **Have fun.**