

Habit #1: Make Time

Big Idea

- **Big Idea:** Make at least 10–15 minutes per day to work through the *8 Habits for Growth* book.
- **Alternatives:** Make at least 10-15 minutes a day for Bible reading, prayer, or some other activity that will help you grow.

The Behavior Change Model

STAGE

Prepare

Act

Maintain

HABIT

1. Make Time

2. Rest and Refresh

3. Engage the Bible

4. Speak with God

5. Worship and Belong

6. Care for Your Body

7. Simplify and Prioritize

8. Go the Distance



Key Ideas

- **Habits of grace take time.**
- **Big changes come from small habits.**
- **Small habits really count.** (Mother of newborn twins test)
- **The goal is not the habit. The goal is delight in God.**

Your Assignment

- **Pick a time.**
- **Pick an activity.**
- **Find a way to track.**
- **Experiment.**