

(Acts 9:1-2) Meanwhile, Saul was still spewing out murderous threats against the Lord's disciples. He went to the high priest, seeking letters to the synagogues in Damascus. If he found persons who belonged to the Way, whether men or women, these letters would authorize him to take them as prisoners to Jerusalem.

(Acts 17:1-2) Paul and Silas then traveled through the towns of Amphipolis and Apollonia and came to Thessalonica, where there was a Jewish synagogue. As was Paul's custom, he went to the synagogue service, and for three Sabbaths in a row he used the Scriptures to reason with the people.

- It _____ a habit to _____ a habit.
- _____ the cue.
- _____ is _____.
- _____ is _____ power.
- Choose _____ over _____.

Homework Questions

Starter Questions

What is your favorite indulgence (something in which you have little self control)?

Have you ever made a life change due to influence by a peer group? What was it?

Digging Deeper

Looking back on the message, Pastor Landon gave us some steps for building new habits. Match the step with the corresponding verse.

Kill the Cue	James 1:12-15
Conduct is Contagious	Proverbs 25:28
Willpower is Real Power	Psalms 26:5
Choose Christ over Cravings	Ephesians 4:22
The Reward	2 Corinthians 4:16-18

Paul entered into the synagogues with a new purpose. Rather than trying to destroy the Kingdom of God, he sought to grow it. Read Acts 19:8-20 and answer the following questions:

- What did the group in verses 17-20 do to "kill the cue?" Refer Deuteronomy 18:9-14.
- How do you see "Contagious Conduct" in this story?
- What did they give up to follow Jesus?

Read Matthew 12:43-45 and answer the following questions regarding bad habits.

- What was Jesus's message in this story?
- According to this passage and Pastor Landon's message, how do we remove a bad habit from our life?
- Why do we need to replace our bad habits with new habits? Refer to Ephesians 5:8-11.
- What does it take for us to break a bad habit? Read Romans 6:1-8

Application Questions

What is one habit you intend to break? What will be your new routine? Who will you share your burden with that can encourage you and hold you accountable? Use the chart below.

Bad Habit	New Routine	Accountability Partner

What was your biggest takeaway regarding this topic, "Creature of Habit?"

Reflecting back on this sermon series and your habits, are there any you want to break, any you want to create, or anything in particular you want to commit to?

Prayer Requests

Additional Resources

Switch: How to Change Things When Change is Hard by Chip Heath

Announcements

SERVE Sunday is next **Sunday, May 27!** If you are unaware of this special day in our church calendar, we will meet at 10a for a short time of worship, followed by a time of service projects in Park City and surrounding communities.

After all projects are complete, we will gather again at the school for a free lunch and time of fellowship. Please remember to wear your red New Anthem SERVE shirts. If you do not have one or need to exchange a size, pick one up at church on the 20th or 27th!

**For those of you that are unable to serve in a physical capacity, we will have a prayer team scheduled to meet and pray during our service projects.

Sunday, June 10 is our next Connect Lunch. Please extend an invitation to any newcomers at New Anthem to come join us and get to know New Anthem Church. Connect Lunch is a free meal served at the church office immediately following the service!