

Discussion Guide

Holy Habits

Daniel 6:10 | Pastor LeTonya Clark | November 1, 2026

Session Overview

The sermon invites us to move from wanting change to participating in God's transforming work. Daniel's regular prayer life shows devotion that continued when circumstances changed. Three strategies guide our response: make room for God through intentional attention; practice what God is teaching by replacing familiar reactions with Christlike responses; and remain faithful in small things by taking manageable steps and returning after setbacks. This discussion moves from understanding Scripture to sharing experience and choosing one concrete next step.

Leader Coaching Sidebar

- Remind the group that this is discussion is not just about building habits to help our lives. Instead, focus on how God guides us to Holy Habits to be drawn closer to Him.
- Review the three strategies Pastor LeTonya gives us: Make room for God, practice what God is teaching, and remain faithful in small things.
- Habits do not earn God's love or guarantee relief from difficulty. Daniel's faithfulness did not prevent the lions' den; his rescue was God's work. Spiritual growth involves dependence on the Spirit as well as deliberate obedience.

Key Scriptures

Read these passages aloud as a group. Split them up between a few people if you'd like.

- Judges 16:1
- James 1:21
- Proverbs 4:14-15
- Proverbs 13:20

Start Talking

Do you like the direction your habits are taking you?

Start Thinking

1. What are the things we are practicing in our lives right now that is shaping how we respond when life becomes difficult?
2. The sermon distinguishes God's presence from our attentiveness to Him. How does that distinction change what it means to make room for God?
3. Why is becoming more like Christ a different goal from simply maintaining a routine? What might meaningful growth look like even when someone's routine is imperfect?

Start Sharing

1. When has a simple practice—such as prayer, reading Scripture, or giving thanks—helped you become more attentive to God?
2. What are some things we need to remove from our lives to make time and room for God?
3. What would happen if we focused more on consistency of our time with God over complexity of our spiritual routines?

Start Doing

1. What is a realistic habit you can incorporate into your daily routine that is God centered? This can be a major change or something smaller, as long as it is an attainable goal.
2. What familiar reaction do you want to interrupt, and what Christlike response will you practice instead? For example: "When ___ happens, I will pause, ask the Holy Spirit for help, and ___."
3. What obstacle is likely to interrupt your plan? What smaller version of the practice could you use on a difficult day, and how will you begin again if you miss it?

Start Doing

Be sure to pray for change in the areas the individuals in your group shared.

Gracious God, thank You for Your presence and Your patient work in our lives. Help us make room to listen to You and respond to what You teach us. Holy Spirit, show us one small step to take this week. Give us wisdom to recognize unhelpful patterns and strength to practice patience, kindness, and love instead. Help us to walk by the Spirit because you promise that when we do this, we will not gratify the flesh but glorify you. Teach us to encourage one another without comparison or shame. May our habits deepen our relationship with You, and may our everyday choices reflect the character of Jesus. In His name we pray, amen.