



Life: There's An App For That HabitTracker April 15, 2018

We all have habits. Some of them are good...others are not so good. At the end of the day, our habits determine a lot for our lives. The quality of our habits determines the quality of our lives.

1. What is one habit that you've developed that has contributed to flourishing in your life? What is one habit that you wish you could shake and has been detrimental?

Read Proverbs 6:6-11 out loud and answer the following questions:

2. What habits contributed to the ant's success? What habits contributed to the sluggard's demise?
3. What do you think would need to change in the sluggard to help him become more like the ant? In other words, what's broken inside him? How does what's broken inside him reflect what's broken inside of us?

Sometimes we can refuse to learn the habits that lead to flourishing in our lives. Because of God's love for us, he often steps in to discipline us and teach us the proper way. Read through Hebrews 12:4-12 and answer the following questions

4. What is potentially true about those who never experience God's discipline?
5. Why does God discipline us at times? What is his purpose or goal?
6. What is the result of God's discipline in our lives?

The book of Proverbs makes it clear that discipline is fundamental to the life of wisdom. Correction keeps us all on the path towards a life of flourishing. But it's not always easy to receive discipline from God, is it?

7. Read Proverbs 13:1 and Proverbs 12:1 and describe what a healthy attitude towards God's discipline looks like.
8. What are some practical things you can do to cultivate a receptive attitude towards God's discipline?