

Next Steps “Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

Power To Change – Holy Habits

January 21, 2024

Reflect on the spiritual whys of change.

- What are the spiritual reasons you want to change?

Reflect on the spiritual who.

- Who does God want you to become?
- Who do you want to become?

Now focus on the spiritual how.

- What are some of your current habits?
- In what ways do these habits honor God?
- How could you use these habits to start a new one?

Read **Daniel 6** (Look specifically at verse 10)

- What holy habit did Daniel practice?
- How had this habit helped Daniel in all of the difficult situations he faced?
- How did this one habit change the Kings of Babylon and even the people of Babylon?

One holy habit can change everything.

What one holy habit do you need to start this week in order to become the person God created you to be?

- Find ways to make this habit **OBVIOUS**.
- Find ways to make this habit **EASY**.
 - Can you start this habit in just two minutes a day and then build from there?

God, because we have a relationship with You, we're able to experience real change. Help us identify a habit in our lives that You're calling us to start. Then, show us how we can start practicing that habit today and all this week.

We ask this in Jesus' name. Amen

