

NAME & SURNAME:

ACCOUNTABILITY PARTNER:

DATE & TIME:

MY VISION:

LIST FIVE UNHEALTHY HABITS:

1.	
2.	
3.	
4.	
5.	

#1 HABIT: PUT ON A NEW NATURE

To put on a new nature means to live by God's standards and not that of the world. Here are three scriptures that will help you understand the two opposing standards of life in order for you to develop healthier habits;

1 John 2:16-17 (NIV)

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

Colossians 3:4-17 (NLT)

And when Christ, who is your life, is revealed to the whole world, you will share in all his glory. So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him. In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us. Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

Galatians 5:16-17 (AMP)

But I say, walk habitually in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the sinful nature [which responds impulsively without regard for God and His precepts]. For the sinful nature has its desire which is opposed to the Spirit, and the [desire of the] Spirit opposes the sinful nature; for these [two, the sinful nature and the Spirit] are in direct opposition to each other [continually in conflict], so that you [as believers] do not [always] do whatever [good things] you want to do.



DEVELOPING **HEALTHY HABITS**

POPULATE THE FOLLOWING QUESTIONNAIRE TO HELP YOU GET STARTED:

1. List a few unhealthy habits that you know are hurting others, makes you feel shameful, stirs up fear, or anything that you feel are isolating you from God?
2. Do you have a healthy sexual relationship with your spouse? Are you fulfilling each other's sexual needs without having any conviction from the Holy Spirit?
3. When you go through a stressful time or face painful situation, what is the first thing you do as a response to cope or deal with the painful or difficult emotion?
4. What is the first thing you do when you wake up in the morning and the last thing you do before you go to sleep?
5. It is important for you to renew your mind daily with the Word of God. When can you set time out everyday to prioritise your relationship with God by reading and studying His Word?
6. Do you have devoted time to praise and worship God daily?



DEVELOPING **HEALTHY HABITS**

7. Is there any unforgiveness that you have in your heart toward someone?

8. If it is hard to forgive, will you at least start praying for that person until the Holy Spirit helps you to lift the heaviness of unforgiveness?

9. Are you serving others with your gifts and abilities that God has given you?

10. Where can you be more generous? These are areas or situations where you are simply holding back, and it is hard for you to give or share what you have in surplus or abundance.

11. Take a few minutes to reflect back over the past 2 weeks. Where have you responded inappropriately to your emotions?

12. What does the Word of God say about that particular emotion, what can you do differently in the future when you find yourself in a similar situation?



DEVELOPING **HEALTHY HABITS**

13. Which words will you intentionally use to replace dirty language?

14. There are ups and downs in life. Many of us want to trust God, but there are some things that are difficult to understand, especially when you cannot see a resolution or have waited for an answer for such a long time. What are some things that are difficult for you to trust God and why is it so difficult?

15. What scriptures can you declare daily to increase your faith, to build up your trust in God?

16. Which topics do you find interesting in the Word of God and have a desire to study it further in more detail? And how does it relate to your life's story/testimony?