

BUILDING NEW HABITS TOOL



1. AUDIT YOUR LIFE (PROV. 4:23)

Over one week, return to the following self-reflection questions multiple times.

“What activities are consuming most of my discretionary time?”

“What am I wanting or desiring but not experiencing lately?”

“When I get frustrated lately, what are my most common responses? (Words, physical reactions, etc.)”

“When do I catch myself saying, “I don’t know what came over me”, “that’s not who I am”, or “I don’t know why I did that?”

2. IDENTIFY OLD, UNHELPFUL PRACTICES (GAL 5:16-23)

What are the practices or activities in my life which bring out the opposite of the Holy Spirit in me?

(i.e. after I do this practice or when I do this activity, I often feel...)

-anger rather than love?

-sorrow rather than joy?

-worry rather than peace?

-instant gratification rather than patience?

-harshness rather than kindness?

-shame rather than goodness?

-doubt and distrust rather than faithfulness?

-harshness rather than gentleness?

-excess rather than self-control?

Create a shorter list of three practices from the list you made above which you feel are not leading you to love God with your whole self.

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3. DEVELOP A LIST OF POTENTIAL NEW PRACTICE(S) (PHIL 4:7-9)

In January 2022, Cornerstone went through a sermon series entitled, *Practices*. During that series, we shared five different practices which can help to align our habits with the movement of God in our transformed hearts. Those practices include meditation on Scripture, the Prayer of Examen, confession, breath prayers, and hospitality.

Review the practice guides from that series (available at PrescottCornerstone.com/Sermon-Resources), along with your past experience with other life-giving practices. Identify one practice which might address the feelings or practices you identified in Step 2.

4. SHOW YOUR WORK TO A TRUSTED FRIEND (ECCL. 4:7-10)

Sit down with a trusted friend and share your notes from the habit-audit, along with the list of practices you are considering abandoning. Seek their input and feedback on what they see based upon their visibility into your life. Ask them to be as honest as possible.

Then, share your ideas for new practices to begin as a replacement for old practices you're going to abandon. Seek their input and accountability - your trusted friend may have ideas you haven't considered.

Together, determine which new practice could be most helpful. Encourage them to check in with you a couple times a week about how things are going during this 30 day period.

5. BEGIN A NEW PRACTICE (EPH. 4:17-24)

Commit to regularly engage this one new practice, exercise, or habit over the next 30 days. (If you don't engage this new practice daily, do so the majority of days each week).

At the end of 30 days, sit back down and reflect on your new practice with your trusted friend. Seek their input about continuing for another 30 days of focus on this new practice or adding another practice.

Further Reading:

James K.A. Smith, *You Are What You Love*
Steve Carter, *The Thing Beneath The Thing*
James Clear, *Atomic Habits*
Charles Duhig, *The Power of Habit*

Further Watching:

Practices sermon series (January 2022) or *How's Your Heart?* sermon series (January 2021) - watch all past messages at PrescottCornerstone.com/Sermons

