

# (RE)START

WHAT WILL YOU CHANGE?



## Part 3: (Re)Start your Habits

### Sermon Big Idea

When God makes us into a new creation, he gives us a new purpose of being his witnesses and his ambassadors to the world. So how do we do that on a practical and tangible basis? Paul instructed the church of Philippi to "work hard to show the evidence of your salvation" (Phil 2:12). This means that we have a part in changing our behaviours and our lives to reveal Jesus to the world.

Changing our habits and our behaviours is hard, but not impossible.

### Discussion Questions

1. What is a change you've tried to make in your life that you weren't successful at? What is a change that you were successful at?
2. What did you do differently between the change that was unsuccessful and the change that was successful?
3. Paul's letter to the Philippian church is a letter of encouragement. Read **Philippians 1:1-11** and list all the ways that Paul is encouraging the church and what he desires for them.
4. When Paul wrote about salvation, he talked about it in terms of us being "saved from\_\_\_\_" and being "saved into\_\_\_\_" What examples can you think of that describe what we are saved from and saved into?
5. Read **Philippians 2:12-13**. Why does it matter that our salvation should have evidence in our lives?
6. Read **Philippians 2:14-18**. Paul gives a listing of practical ways that our lives can show evidence of God working in us. Which one from this list do you want to work on in your own life?
7. BJ Fogg, (PhD, Stanford University research scientist), states that prompting is where most habits fail. Do you agree or disagree with this?
8. Where could you apply the phrases "After I \_\_\_\_\_ then I will \_\_\_\_\_ ." and "Instead of \_\_\_\_\_ I will \_\_\_\_\_ ." in your life to give yourself a prompt?
9. Who can help you with either Advocacy or Accountability in the change that you want to make?

### Scripture Passages

#### 2 Corinthians 5:17-20

Paul writes to the church of Corinth about being a new creation that leads to a new purpose.

#### Philippians 2:12-13

Paul instructs the church of Philippi to show evidence of their salvation.

#### Acts 16:6-15

Paul, Silas, Timothy, and Luke travel to Macedonia and plant a church in Philippi.

### Quote:

"Every behaviour comes down to three variables: **motivation, ability, and prompt**. Motivation is your desire to do the behaviour. Ability is your capacity to do the behaviour. And prompt is your cue to do the behaviour."

- BJ Fogg, PhD,