



## Habits, Week 1: Small Steps to Big Impact

September 12, 2021 - Dan McEvoy

Romans: 7:15, 18-20, 24-25 (NLT)

Galatians 6:7 (NIV)

*"Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny."*

— Ralph Waldo Emerson

**Today's Core Truth: Small things done over a long period of time create the greatest impact in our lives.**

⇒ Small steps no one sees results in big outcomes \_\_\_\_\_ wants.

Luke 5:15-16 (NIV)

Q- When and where is your alone space?

⇒ Small steps is choosing between what you want \_\_\_\_\_ and what you want most.

1 Corinthians 9:24-25, 27a (NLT)

Q- What do you need to do now to have what you want most later?

⇒ Small steps can only be \_\_\_\_\_ through God's spirit.

Acts 1:8 (NIV)

⇒ Small steps is choosing to join a small \_\_\_\_\_ .

1 Corinthians 12:24-27 (NIV)

Hebrews 10:24-25 (NIV)

**This Week's Spiritual Practice: Begin with the habit of belonging.**

Q- What is one small step you can commit to take today that will have a big impact one day?

DOING *life*  
*Together*

STUDY & DISCUSSION  
FOR YOUR  
SMALL GROUP FAMILY

**Theme:** *Run to Win*

**Reflect Together:** What impacted you the most from Sunday's message and will you apply this week's spiritual practice?

**Share Together:** What is your favorite Olympic (summer or winter) event and why?

**Read and Discuss Together:**

*1 Corinthians 9:23-27*

Background & Historical context:

Apostle Paul was writing to the church in Corinth and was talking about the Corinth-Isthmian games. The Isthmian games were like the Olympics, but they happened the year before and the year after an Olympiad. There were five sports that were known for this event: chariot racing, Pankration (a type of mixed martial arts), wrestling, music and poetry contests, and boxing. There was a strict diet and rigorous bodily discipline of all the athletes, even the poets and musicians! The victor's crown was a laurel or celery wreath that would soon wither away.

- Based on verse 23, Paul is basically saying discipline and determination are "for the sake of the gospel" and that he wants to partake with others in its blessings. How does the gospel motivate you in running the race as a follower of Jesus?
- How is the Christian life like a race?
- What "strict training" do we need to take as Christian runners to be successful?
- Think of someone who is running the Christian race well.
- Read Galatians 5:7. Think of someone who has been sidetracked. What can you learn from them about their mistakes or failure?
- "Discipline is choosing between what you want now and what you want most." What does this statement mean as it applies to running the Christian race?
- Paul says in verse 26, "*I do not run aimlessly.*" What does he mean by this? Read Hebrews 12:1-2. Based on what you read, how does that help you in your motivation to keep running?
- What does it mean to be "disqualified" (v. 27). Read and discuss some Biblical examples of people who were disqualified but were restored? (e.g., Moses, King David, prodigal son). Have you felt disqualified? Have you experienced restoration?
- What leg of the race do you feel like you are in as it relates to your season of life? Such as starting blocks, the straight away, uphill, on the downhill, close to the finish line. What do you need to finish strong? How can we pray for you?

**Pray Together:** Take time to share the good things God is doing in your life and pray for one another of the needs that you have in your group/family.