

Hope Chapel Series – “Gather Together from Isolation” Part 3

Message Summary: We all have habits. A habit is simply a behavior or attitude that is learned or acquired through repetition. We all have some simple habits that reflect daily routines (brushing your teeth – taking a shower – making coffee). If we have the right habits, they move our lives in a positive direction. Habits will define your life. Habits will also define your relationships. If we have destructive habits...they will lead our lives to a lot of pain. Today I want to share with you 5 habits for healthy gatherings. These habits will help you experience to others your heart is searching for.

Habits for Healthy Gatherings

1. The habit of correct thinking - Romans 8:5-6

- A. Think correctly about yourself**
- B. Think correctly about healthy relationships**

2. The habit of ownership - Romans 3:10

3. The habit of choosing healthy people - 1 Corinthians 15:33

- A. Emotional connection**
- B. Respect personal boundaries**
- C. Handling failures**
- D. Treat you as equal**

4. The habit of relational boundaries - Proverbs 4:23

5. The habit of developing your spiritual connection - Psalm 37:4

- A. Habit of God’s Word**
- B. Habit of Prayer**
- C. Habit of a Spiritual community**

DISCUSSION QUESTIONS – *All LifeGroups are on Holiday Break / Starting up again January 24th*

Begin It (5min) – Open Prayer & Praise

Open it (10min) – Have you ever thought of how you think as a habit? (Why/Why Not?)

Explore It (60min) - Discussion Questions:

1. Do you ever struggle thinking correctly about your need for real relationships with others?
2. Why is the habit of ownership so important to experience real relationships with others?
3. Discuss the four qualities of healthy people we look for to connect with.
4. Why are boundaries so difficult at times? How do boundaries guard our hearts?
Discuss your own struggle with setting boundaries.

Apply It (15min): What habits do you have that help your spiritual connection with God? Are there some habits that you need to develop more?