

Small Groups Guide

Luke 2:41-51

Sunday June 11, 2023

1. Short opening prayer (one person or popcorn style prayer)
2. Group sharing time (time for everyone to talk about what is going on and how they are)
3. Go over last Sunday's sermon.
 - a. See if anyone can remember it off the top of their head and how they'd summarize it.
 - b. Summary from PM: Last Sunday we talked about growing in our faith and lives by mimicking the things that Jesus did, such as praying, worshipping, studying, fellowship, etc.
 - c. What habits do you currently have (either good or bad)?
 - d. I bet that there are habits you would like to start, stop, or change because you think they would make your life better. As it turns out, there are spiritual habits that will make our life better.
 - e. Let's look at some scriptures that point out what kind of habits God wants us to have or leave behind.
 - i. Matthew 22:37-40 ESV
And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."
 - ii. Micah 6:8 ESV
He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?
 - iii. Galatians 5:22 ESV
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
 - iv. 1 Thessalonians 5:16-18 ESV
Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
 - v. Hebrews 10:24-25 NIV
24 And let us consider how we may spur one another on toward love and good deeds,
25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.
 - f. The Bible tells us tons of things that we need to be doing and not doing ... in other words the Bible informs us of what our habits should be. These habits will decide what kind of person and Christian we will be.
 - g. Questions and thoughts
 - h. We read Luke 2:41-51 on Sunday where Jesus stayed behind in Jerusalem when he was 12 years old. Do you remember what spiritual habits he was engaged in when his parents found him?
 - i. If they don't remember: Being in God's house regularly, worship, fellowship, listening, asking questions, sitting at feet of wiser people, and studying. We also read Luke 5:12 which said he was constantly praying.
 - i. How well do you feel that you are doing with these habits that Jesus had? Which ones are you the best at? Which ones are you the worst at?
 - j. How can you start, stop, and change your habits?

- i. Habit stacking (find one good habit you already have and add one you want to it ... you will be more successful that way). Ex: You already walk every morning, but you wish you ate healthier. So, when you walk put an apple or banana beside your shoes to remind you to eat it while you walk. It is easier to start habits if we find ways to attach them to current habits.
 - ii. Start slow ... instead of saying you will start praying three times a day, just aim for one. Can be too overwhelming.
 - iii. Accountability ... find a person or a group to keep you accountable for changing your habits. Much research has found that people lose the most weight when they have someone on the journey with them.
 - iv. Atomic habits ... there will be some habits that you can start that will automatically start other good habits. Ex: I decide to stop the habit of watching TV every night. That will lead me to get so bored that I will be driven to get out of my house more. Or decide to start exercising which makes me want to eat better.
 - k. Read books like “Atomic Habits” and others. **YOUR HABITS WILL DETERMINE WHAT KIND OF PERSON AND CHRISTIAN YOU WILL BE!!!**
 - l. Before you leave today, share with the group one spiritual habit that you are going to try to start, stop, or change and how you will do it. Someone keep brief notes on what everyone will do and check in next week to see if they stuck to it.
4. Closing prayer

Youth Group Guide

1. Short opening prayer (one person or popcorn style prayer)
2. Group sharing time (time for everyone to talk about what is going on and how they are)
3. Go over last Sunday's sermon.
 - a. Talk about what habits are and how they are very powerful at shaping who we are and how we act.
 - b. What habits (things you do regularly) do you have?
 - c. Talk about spiritual habits (habits that help us to grow in our faith)
 - d. Read scripture
 - i. Luke 2:41-51
 - e. What things did you hear that Jesus was doing when he was at the Jewish temple as a 12 year old?
 - i. Being in God's house regularly, worship, fellowship, listening, asking questions, sitting at feet of wiser people, and studying.
 - f. Also read Luke 5:12 which said he was constantly praying.
 - g. Those habits that Jesus had made him the man that he was. All those years of worship, study, prayer, etc. helped him to grow into a strong person of faith and love.
 - h. What habits do you want to start, stop, or change?
 - i. How can you start, stop, and change your habits?
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 - j. Prayer