

Live a Significant Story

Week #6: It's about your habits

Questions for Reflection/Discussion/Application -

1. Brian highlights 4 principles for living a significant story.
 - ⇒ Begin With the End in Mind—What stories do you want told about you when you are gone?
 - ⇒ Live EYES UP—Looking for people to serve.
 - ⇒ Live HANDS OUT—Experiencing life-giving relationships.
 - ⇒ Live KNEES DOWN—Living dependent on God.

Rate how regularly you consciously live this way on a scale of 1 to 10 (1 = Never, 10 = Always).

2. Researchers talk about the habit loop. Every habit has the SAME loop.
 - ⇒ Cue- Something happens. (I wake up.)
 - ⇒ Craving- The feeling we want. (I want energy for the day.)
 - ⇒ Routine- The habitual response. (Get coffee.)
 - ⇒ Reward- The payoff for the habit. (Jolt of caffeine)

Understanding the craving is critical in habit formation. It answers the question, what do I want? (It is usually a feeling.)

3. Brian described our “always working” habit as a way to satisfy the craving of security and belonging. Do you agree with that perspective? Why do you think you have to PRODUCE?
4. Sabbath-keeping is the spiritual discipline that catalyzes our dependence on God. What steps do you need to take to keep the Sabbath? Do you have a Sabbath blocked out on your calendar?

An good framework for the Sabbath:

- ⇒ No work.
- ⇒ We rest.
- ⇒ We play.
- ⇒ God loves us.