

**SCC Small Group Study – August 20, 2023**  
**Rev. Rick Dietzman**  
**Acts 2:42-47**

**Getting Started:**

How does the idea that "what we repeatedly do shapes the people we become" resonate with you personally? Can you think of an example from your life where your habits influenced your identity?

In Acts 2:42-47, the early believers devoted themselves to certain practices like teaching, fellowship, breaking bread, and prayer. Why do you think these habits were important for shaping their identity as a community? Are there similar habits in your life that help define who you are?

**Searching the Scriptures:**

- A. Colossians 3:12 talks about clothing ourselves with qualities like compassion, kindness, humility, gentleness, and patience. How do you think these attributes reflect an identity-based approach to habits? Can you think of ways you've seen these qualities influence your actions and behavior?
  
- B. According to the message, what's the significance of having an "obvious trigger or cue" when trying to establish a new habit? Can you think of a biblical example where someone's actions were triggered by a specific cue or circumstance?
  
- C. Pastor Rick suggested making a behavior "invisible" or "unattractive" to break bad habits. How might this align with the principles of focusing on what is true, honorable, right, pure, lovely, and admirable (Philippians 4:8)? How can Scripture guide us in making negative behaviors unattractive?

- D. Ecclesiastes 4:9-10 speaks about the value of companionship and mutual support. How can being a part of a small group that embodies desired behaviors and a shared identity help us establish better habits?
- E. Zechariah 4:10 encourages not despising small beginnings. How does this tie into the concept of making a new habit easy and starting with small steps? What is an activity you'd like to start doing that you can make easier to do?
- F. What kind of rewards or "harvest" (See Galatians 6:9) are you looking forward to as you apply yourself to forming good habits?

**Application of Scripture:**

- A. Reflect on a specific habit you'd like to develop or improve. How can you apply the principles of finding a trigger, a shared identity, making it easy, and finding a reward to help you establish this habit?
- B. Share an experience when you faced challenges while trying to establish a new habit. How can the advice given in this message, as well as relevant Scriptures, guide you in overcoming obstacles and staying committed?