

Abide in Me

John 15:4
*Bible studies for disciples
who make disciples*



Volume 7 - Number 8

The week of January 9, 2022

8 Habits for Growth

Habit #1: Make Time

Luke 10:38-42

Over the next eight weeks, we will be reading as a church through "8 Habits for Growth" by Darryl Dash. The Sunday messages over that same stretch will serve to complement our reading. The Abide will be a combination of sermon discussion/application while also serving as a guide in reading through the book.*

The first habit is to *Make Time*. Building spiritual habits that become lifelong behaviors starts with carving out time each day to practice them. Many people don't practice the essential habits of the Christian life because they think they're too busy. Therefore, the discipline of making time is foundational to everything that follows. We will begin with starting small by scheduling 10-15 minutes a day to focus on practicing these habits of grace.

*Each habit has six lessons and six sets of questions. Below, the *Abide* will provide a reading schedule for Monday through Saturday for each habit during the next eight weeks.

BEGIN WITH PRAYER FOR PERSONAL GROWTH AND CHANGE (As a Group or Individual)

As you pray, consider these two important principles:

- The *strategy* guiding this series is to become spiritually fit and to maintain such fitness for the rest of your life.
- The *goal* of this series is for you to find your deepest satisfaction in God.

READ THE PASSAGE (Luke 10:38-42)

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

EXPLORING THE PASSAGE TOGETHER

In this account, Martha is distracted by busyness. She allowed the urgent to take priority over the important.

1. In what ways do you find yourself busy, upset, and troubled like Martha?

2. What is the consequence of the danger of busyness or an unhealthy lack of margin?

3. Burnout may not be the result of what we are doing as much as what we are leaving out. Are there some good things in your life that are keeping you from the best thing?

4. What is your biggest enemy in consistently practicing essential spiritual habits? How can you overcome it?

5. Read Galatians 4:19. What is the ultimate goal for practicing essential spiritual habits?

6. What does this tell you about the essential nature of spiritual transformation?

7. Habits take time. In order to MAKE TIME, you may need to cut something out of your life in order to make room for new habits. Christ-formation is not possible without intentionally reordering our lives. What is one thing the Lord is showing you to stop doing in order to make time for new habits?

8. As you close your group time, review the steps at the bottom of page 32 in *8 Habits for Growth*.

Important Reminder: As you develop new habits, give yourself lots of grace! If you miss a day or two, be encouraged to keep moving forward.

Week One Reading Guide for *8 Habits for Growth*

Each habit has six lessons and six sets of questions. Take 10 to 15 minutes to read each lesson and then Reflect and Respond. For each day, we've repeated two of the most important questions from *8 Habits for Growth*.

Monday, January 10 (Lesson 1, pp. 21-25)

- What do you want to get out of *8 Habits for Growth*?
- How much time can you realistically spend on *8 Habits for Growth* each day?

Tuesday, January 11 (Lesson 2, pp. 26-30)

- How is the making time habit working for you?
- What's one good thing about this habit for you?

Wednesday, January 12 (Lesson 3, pp. 31-34)

- What's your big "why" for wanting to apply the gospel to every part of your life?
- Describe in detail, I want to change ...

Thursday, January 13 (Lesson 4, pp. 35-40)

- The goal of discipleship is happiness in God. How is this different from the way you usually think about discipleship?
- What steps can you take today to make your soul happy in God?

Friday, January 14 (Lesson 5, pp. 41-44)

- What do you need to continue to grow?
- What do you need to help you continue to grow?

Saturday, January 15 (Lesson 6, pp. 45-47)

- How have you been doing in making time to work through this material?
- How can you shrink or grow the challenge to make this habit work better for you?

