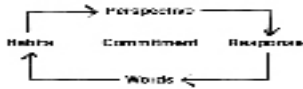


Week #4 – Habits and Commitments



Keystone Habit: My commitment to Jesus determines every other commitment.

Carefully consider the path for your feet, and all your ways will be established.
Proverbs 4:26 (HCSB)

Healthy Habits for Better Relationships

- Be committed to _____ and mutual _____.

So put away your lies and speak the truth to one another because we are all part of one another.
Ephesians 4:25 (VOICE)

- Eliminate deadly _____ from your communication.

And “don’t sin by letting anger control you.” ...
Ephesians 4:26 (NLT)

- Agree on the timing for having _____ conversations.

Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.
Ephesians 4:26-27 (NLT)

- Follow up negative complaints with _____.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.
Ephesians 4:28 (NLT)

- Watch your _____ and guard your _____.

Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.
Ephesians 4:29 (NLT)

- Don’t air your _____.

And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.
Ephesians 4:30-31 (NLT)

- Move as quickly as possible towards _____ and _____.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Ephesians 4:32 (NLT)

Discussion Questions:

1. Who are the most important people in your life? How would your commitment to following the ways of Jesus shift the dynamics of your most important relationships?
2. What patterns or habits of speech and behavior have further solidified/deepened your relationship with your spouse, child, sibling, parents, etc.? What has caused hurt, pain, distance or separation?
3. What spiritual practices would help you deepen your commitment to Jesus and his ways? What small changes in habits can you make towards incrementally improving the way you relate to others?

Recommended Resources

- *The Power of Habit*, by Charles Duhigg
- *Parenting Beyond Your Capacity*, by Reggie Joiner and Carey Nieuwhof
- *The Seven Principles for Making Marriage Work*, by John Gottman, Ph.D.
- *The New Rules for Love, Sex and Dating*, by Andy Stanley

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