

MEN'S MINISTRY LEADERSHIP CERTIFICATION COURSE
Module 7 – Habit Builder

DIRECTIONS:

Answer the following questions as they relate to the Module 7 presentation about Habit Building. Use scripture references where appropriate. Spend time. Pray. Think. Write.

1. Why are good habits so hard to develop? Why are bad habits so easy to develop? Why is there such a struggle for self-control? On a scale of 1-10 how self-disciplined are you?

2. How are the 10 Commandments related to good habits?

3. Memorize the poem, "Sow".

Sow a thought, and you reap an act;
Sow an act, and reap a habit;
Sow a habit, and you reap a character;
Sow a character, and you reap a destiny.
Samuel Smiles

4. What was the Marshmallow Test? What did it demonstrate?

5. Either you build good habits or you're _____ by _____

6. Compare and contrast discipline and self-discipline.

7. How did coach John Wooden use discipline to develop character in his players while becoming one of the most winning coaches of all time?

8. What are habits?

9. What defines maturity?

10. If we are Spirit-filled and God-empowered we become God-controlled. Can we truly be self-controlled without God?
11. What role does the dopamine reward system play in developing habits, both good and bad?
12. What is the major difference between a habit and an addiction?
13. What happens when you try to eliminate bad habits without replacing them with positive habits? What parallel is found in the unseen spiritual world that Jesus described in the parable of the clean house? Do you think they are connected?
14. How does the mastery of the little things give you more energy and capacity to do the bigger things of life? How do these good habits enable freedom in your life?
15. You want to lose 20 kg. What role does visualization play in making this a reality?
16. It has been said that "Successful people are simply those with successful habits." What happens when you focus only on reaching your goals instead of establishing habits?
17. As it relates to the development of skills and habits, what is meant by the phrase, "Slow is smooth, smooth is fast"?
18. The seventh principle of the *7 Habits of Highly Effective People* book is "Sharpen the Saw". Explain how this relates to building better habits and discipline?

19. Why are priorities essential for developing good habits and time management? Refer to the rocks and sand in the jar. List your top 7 priorities. Are you living out these priorities?
20. What are the 9 steps in building new habits that stick?
21. In what way could *Step 9: Build a New Identity*, also be the first step if using visualization techniques?
22. Explain the *Habit Loop*.
23. What are *Keystone Habits*? What is their significance?
24. List 5 small habits from the list of 40 ideas that you would like to establish or strengthen in your life right now. How would they make your life better?

25. List 3 habits that you would like to establish or strengthen in your life that are not on this list. Why would these habits be important to you?

26. The Morning Summit habit builder for men is designed for small group engagement on a weekly basis. The program focuses on what we call the “CORE 4” which is the mental, physical, spiritual, and social dimensions that Jesus developed during his early years. Luke 2:52

On a scale of 1-5 (with 5 being best) how would you rate your strengths in these four areas? What are you currently doing to keep these areas strong in your life?

- Mental
- Physical
- Spiritual
- Social

27. Would you be interested in leading or joining a Morning Summit virtual group? If so, please let us know! You can purchase the book on Amazon or download it to your Kindle by clicking [here](#).