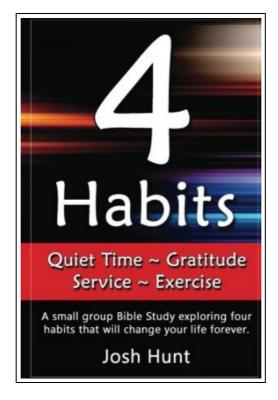
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Success in discipleship is mostly about habits. If we develop the habit of daily Quiet Time, the habit of gratitude, the habit of service, and the habit of exercise, we will be well on our way to becoming a mature disciple. This five-week Small Group Bible study will guide your group through the following topics:The Power of Habit. Most of life is on autopilot. We make our habits and our habits make our lives. Learning how to make good habit and break bad ones is crucial to our success. Good habits are hard to form and easy to live with. Bad habits are easy to form and hard to live with. The Habit of Quiet Time. The fundamental habit of Christian living is the Christian Quiet Time. We start our day with our Bible on our lap. As a Christian leader, this is the one thing you must do: encourage your people to start their day with God. The Habit of Gratitude. Gratitude is an activity that leads to an attitude. Focus on the activity. The activity of gratitude, when repeated consistently, will lead to a habit of gratitude and a life of joy. The Habit of Service. The Christian life is an outwardly-focused life. We need daily cues to set out lives in this direction. Small acts of service lead to a life of service. The Habit of Exercise. It is hard to enjoy the John 10.10, abundant Christian life if your head is in the toilet. Physical life and spiritual life are related. We are amphibious beings, with one foot in the physical world and one foot in the spiritual world.

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