

# make it STICK

WEEK 2  
BE CONSISTENT  
DANNY ANDERSON

## SG | Small Groups

We make it stick with consistency.

*"It's not what you do every once in a while that matters, it what you do **every day** that matter."* — Tony Robbins

*"Study this Book of Instruction continually. Meditate on it **day and night** so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."* *Joshua 1:8*

*"Whoever wants to be my disciple must deny themselves and take up their cross **daily** and follow me."* *Luke 9:23*

We struggle with chronic inconsistency.

*"The majority of people are ready to throw their aims and purposes overboard, and give up at the first sign of **opposition** or **misfortune**."* — Napoleon Hill

*"Mediocrity is the product of inconsistency."* — Jim Collins

We need to create a new habit.

*"A habit is a behavior that has been repeated enough times to become automatic."* — James Clear

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his **upstairs room**, with its windows open towards Jerusalem. He prayed **three times** a day, just as he had always done, giving thanks to his God. *Daniel 6:10*

The best way to form a new habit is to create a plan.

*"People who make a specific plan for **when** and **where** they will perform a new habit are more likely to follow through."* — James Clear

I will \_\_\_\_\_ (behavior)  
at \_\_\_\_\_ (time)  
in \_\_\_\_\_ (location)

Very early in the **morning**, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he **prayed**. *Mark 1:35*

What new habit do you need to create?

*"We first make our habits, then our habits make us."* — John Dryden

### Group Prep

In preparation for small group, please read Daniel 6:1-23, listen to the Weekend Service message and then answer the following discussion questions.

### Introduction

Jim Collins, author of *Good to Great*, said, "Mediocrity is the product of chronic inconsistency." Nobody wants to be mediocre, but so many people give up on great aspirations because they fall victim to inconsistency. We don't need a scholar to tell us how to overcome inconsistency, right? The answer is "be consistent." But how? One word: habits!

### Discussion Questions

1. Describe one habit you have. It can be good, bad, funny or weird. What's one good habit you tried to start but ended up quitting? Why did you quit?

2. Summarize the story read in Daniel 6:1-23. What opposition did Daniel face? What habit had Daniel created to help himself through it? What was Daniel's vision for his life, and how did this habit help him achieve it?

What other spiritual habits should we engage in as followers of Christ?

3. John Ortberg said, "Habits eat willpower for breakfast." When have you witnessed an example of someone being extremely consistent with a habit?

If we are going to see our vision become reality, we must create habits that lead to vision fulfillment. In Mark 1:35, Jesus shows us a specific plan to make the spiritual discipline of prayer a habit in His life. We can use His example for any category of life in which we'd like to create a habit.

It works like this: **I will "HABIT" at "TIME" in "PLACE".**

Here is an example of Jesus' predetermined plan:  
**I will "PRAY" at "EARLY MORNING" in "A SOLITARY PLACE".**

Last week, we discussed different categories of life, and you determined a vision for each one. Now is the time to write out your specific plan for each vision.

**Relationship with God:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Personal Development:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Career:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Health:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Money:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Friendships:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Marriage/Relationships:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Family:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Adventures:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

\_\_\_\_\_ : I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

\_\_\_\_\_ : I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

Why is it so important to live with a compelling vision and specific plan for each of these categories of life?

### Action Step

4. Going forward, how will you keep your vision in front of you and execute the specified plan?

My action step is \_\_\_\_\_.

I will encourage and pray for \_\_\_\_\_ to follow through, and their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I'm praying for \_\_\_\_\_.

### Outreach: Groups in Action

Bring in your used adult coats to be donated to the Hoosier Veterans Assistance Foundation. Collection boxes will be located by the information desks at each campus.

Thank a veteran for his or her service by writing an encouraging note to go with each coat donated. Drop your notes off at the information desk.

For more information, please contact Kerry Carmichael at [kcarmichael@eclife.org](mailto:kcarmichael@eclife.org).