

The background is a textured yellow. Overlaid on this are several dashed yellow lines that form a complex, web-like pattern. Small red triangles are placed at various points along these dashed lines, some pointing towards the center and others away from it. The text is centered and rendered in a blue, serif font.

STEVE POE

CREATURES
OF
HABIT

DISCUSSION GUIDE

INTRODUCTION

CHANGING OUR OLD WAYS

1. When have you felt the desire to solve problems on your own rather than asking God for help?

2. Why is it important that we rely on God for assistance when we are struggling?

3. What do you think it looks like to trust in Christ on a daily basis?

4. Why do you think it is difficult to break bad habits?

5. Have you ever had a habit destroy you? If so, please share your experience.

CHAPTER 1

PRIDE

1. How would you define pride?

2. In what ways is pride sinful?

3. Do you believe it can ever be a good thing to feel pride? Why or why not?

4. In what ways did Christ demonstrate humility?

5. What do you think is the purpose of life? How does pride interfere with that purpose?

6. What do you think it means to have a “God-first” mindset? How can you develop that mindset?

CHAPTER 2

ANGER

1. Have you ever been around someone with unresolved anger? If so, describe your experience.

2. When can anger be beneficial? When can it be harmful?

3. In what ways do you see the prevalence of anger in today's society?

4. How did Jesus model how we should behave when we are angry?

5. When do you find it difficult to control your anger? What are some things you can do to regain your self-control when you are angry?

6. What role does forgiveness play when you are trying to control your anger?

CHAPTER 3

EXCUSES

1. What are some excuses you use frequently?

2. Why are excuses a bad habit?

3. What are some of the reasons behind the excuses people make?

4. What is the difference between saying “I can’t” and “I won’t”?

5. How can focusing on God help you let go of your weaknesses?

6. What tools can you use to stand firm when Satan tries to fill you with doubts and excuses?

CHAPTER 4

LUST

1. What is lust?

2. What is sexual immorality?

3. How can lust be destructive to you and those around you?

4. How can lust hurt your relationship with God?

5. What do you think might be some of the largest obstacles people face when trying to change the habit of lust? What are some steps people could take to overcome those obstacles?

6. What can we learn about lust from the story of King David and Bathsheba?

CHAPTER 5

CYNICISM

1. What is cynicism?

2. Why is cynicism a bad habit?

3. How does a person's cynicism affect the people around them?

4. Have you ever felt cynical? If so, what prompted you to feel that way?

5. In what ways can cynicism cause division in relationships?

6. What is the relationship between negative thinking and cynicism?
How can focusing on God's truth help shift that perspective?

CHAPTER 6

WORRY

1. In what ways are fear and worry different? In what ways are they the same?

2. Why do you think we tend to hold on to our worries instead of handing them fully over to God?

3. What does it mean to trust God? What does it look like in practice?

4. Why is worrying a sin?

5. How has worry affected your life? How might your life be different if you stopped worrying?

6. What are your favorite verses that remind you to trust God?

CHAPTER 7

COMPLAINING

1. How often do you complain? What types of problems do you complain about?

2. When it is helpful to complain? When is it harmful?

3. Why do you think people complain?

4. How is complaining a failure to trust God?

5. How can practicing gratitude and contentment help stop complaining?

6. What are some steps you can take to stop complaining?

CHAPTER 8

WORKAHOLISM

1. What are some characteristics of a workaholic?

2. Why is being a workaholic a bad habit?

3. What is the difference between having a solid work ethic and being a workaholic?

4. In what ways is workaholism a form of idolatry?

5. How do you incorporate rest into your routine?

6. What does it look like to have a balanced life?

CHAPTER 9

LYING

1. How do you define deception?

2. How often do you think you are being lied to on television and social media?

3. What do you think it means that Jesus is the truth?

4. Why do you think people lie?

5. In what ways is lying destructive?

6. What does it mean to “speak the truth in love”?

CHAPTER 10

IDOLATRY

1. What is idolatry?

2. What are some common idols today?

3. Why do you think many people frequently turn to idols rather than God?

4. Why is strengthening your relationship with God a successful way to stop idolatry?

5. Why is it not always enough to simply remove the idol in order to stop idolatry?

6. What are some steps you can take to remove the idols in your life?

CHAPTER 11

GUILT

1. What is the difference between guilt from the Holy Spirit and false guilt?

2. What are some things that prompt false guilt?

3. How do healthy guilt and godly sorrow bring about repentance?

4. In what ways can acknowledging God's forgiveness help us let go of our guilt?

5. Why is it important to forgive yourself?

6. What have you learned from past mistakes? How did learning those lessons help you to stop feeling guilty?

CHAPTER 12

PRAYERLESSNESS

1. What is prayer, and what is its purpose?

2. What are some things that can lead to prayerlessness?

3. What are some possible consequences of prayerlessness?

4. How do you make time for prayer in your day?

5. What are the benefits of having a prayer partner?

6. What does it look like to be bold in your prayers? Why is it important?

EPILOGUE

1. How have your habits shaped who you are today?

2. What have you learned about bad habits from reading this book?

3. What strategies in this book do you think you'll use in overcoming your bad habits?

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