

Conversation Starters

- Do you have habits that can be annoying to others?
- Do you recall why or when or how you formed these habits?

Discuss

We all have habits, or routine tasks we perform repeatedly without having to put much conscious energy toward it so that we can achieve some type of reward. Our brain helps form these so that we can give more of our conscious energy to other, often more important things. This is helpful for us, but it can also be bad because our brain will check out and stop thinking, particularly if the habit formed to satisfy us is not necessarily the best decision.

- What are some regular habits you have developed?
- Are your habits good, or bad?

Knowing and understanding our habits is important because they are often associated with our identity – who we are. This makes sense, because we should want our actions to reflect who we are. However, if we have developed bad habits, people can mistake who we are, or worse yet, change what we believe about ourselves.

- Do your habits tend to reflect who you are trying to be?
- Do you have any bad habits that you should consider changing?
- Have your habits ever misled you into believing you were someone you are not?

When forming habits, culture would start by having us ask ourselves, “Who do you desire to be?” which if you dig deep enough implies that you are nothing and need to find an identity. However, the Bible takes a different approach. It challenges everyone to ask, “Who does God desire you to be?” because the Bible teaches us that we already have an identity. God created us and He calls us into a relationship with Him and can be the children of God that He created us to be. This does not mean we are perfect like He is, but we can choose to (or not) act into the identity He gave us and start building habits that reflect our identity to the world.

So God created man in his own image, in the image of God he created him; male and female he created them. (Genesis 1:27 ESV)

He came into the very world he created, but the world didn't recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God. (John 1:10-13 NLT)

- What do these passages tell you about your identity?
- How has culture tried to shape your identity and habits?
- When forming habits, or actions, do you start with asking, “Who does God desire you to be?”

Next Steps

When trying to form the right habits so that we reflect our identity as children of God, the best place to start is by looking at the life of Jesus. Jesus was God in human form on earth. He gives us the best example for how to think and act. Becoming more like Jesus will not happen overnight, it will take work. Check out these resources to get started:

1. **Learn more about your identity.** Read the passage from the book of Colossians below.
2. **Pray about your identity and habits.** See prayer below for help.
3. **Start some new habits.** Check out our Life Hacks series on the [Meck App](#) to get started.

Further Reflection

Read [Colossians 3:1-17 NLT](#).

Pray

God, your Word tells us that we have an identity, that we are your children and you created us and want us to know you and put our full trust in you. We are not perfect and do not always reflect that identity. Thank you for creating us and giving us the opportunity to know you and be in a relationship with you and for the example you give us in Jesus. Help us to really know and fully understand who we are in you and how we can live to reflect that with our habits.