

Conversation Starters

- What are some electronics that you rely on most often?
- Do you have any custom settings for any of these?

Discuss

Like most electronics in the world, humans have a default setting for how we live, think and operate. The Bible teaches that our default habits actually hurt more than help; that our default nature is to be sinful and not live how God wants us to – our best and optimal setting. However, it also teaches God loves us so much and offers mercy and a restored relationship with Him, along with the ability to create new habits and a new nature through Jesus. We have the ability to optimize our settings.

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. ([Ephesians 4:21-24](#) NLT)

- What are some of your default settings in your attitude, work, relationships, etc.?
- Have you ever tried to optimize your settings?
- How does the promise that the Bible offers give you hope in life?

How do we optimize? A good start is to turn on our brains to each of our habits to see if they are healthy or not. This is sometimes challenging because our habits form so that we do not have to think about our actions. Opening our eyes to our habits helps us then begin to identify the cue motivating the habit. Too often, cues can be invisible and we focus on the wrong cue when trying to change. We need to identify the root to change.

- What are some habits that you would like to change?
- Can you identify any false cues to your habits?

We all have invisible cues. The cue motivating all sin is a lie that needs to be replaced with God’s truth. A new habit, a new nature, can be created. Hope can be found in the Bible, but unless you believe God’s ways are best and that He can change you, your efforts will fail. Even modern research shows that the best trait for success is belief. A new pattern can be just as automatic as a new habit. You can optimize your settings – in the best way possible – with God.

Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. ([Ephesians 5:1-2a](#) NLT)

- Do you believe in God and that He wants what is best for you? Why or why not?
- What are some of the promises you have found from the Bible?
- Are there more truths that you would like to know more about?

Next Steps

1. **Decide where you stand with the God of the Bible.** A great place to start is [Foundations 101](#).
2. **Keep allowing God to optimize your settings.** [Training Camp](#) can help.
3. **Read your Bible daily.** This exposes you to His truths.
4. **Pray.** See prayer below.

Further Reflection

Read the [Book of Ephesians NLT](#).

Pray

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen. ([Ephesians 3:16-21 NLT](#))