

Making Room: Habits

First Inola Women's Ministry

habit: a settled tendency or usual manner of behavior; an acquired mode of behavior that has become nearly or completely involuntary

*¹⁰ Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, **just as he had done before.** ¹¹ Then these men went as a group and found Daniel praying and asking God for help. Daniel 6:10-11*



Did the past year expose any healthy (good) habits you wish to make better or any not-so-great habits that need to be put to rest?

What excuses do we make for continuing bad habits or not attempting to create new ones?

Are there habits that keep you from having a right relationship with the Lord?

Daniel's habit of consistent prayer (before trials began) helped keep him focused on God. What spiritual habits do you have or would you like to have?

What is the importance of having consistent spiritual habits before the difficult circumstances arise?

What is one habit you could begin and maintain to make your home better?