

Talk It Over

You In Five Years
Part 4
“From Evening to Morning”



Part 4
“From Evening to Morning”
Presenter: Jim Hammond

SMALL TALK

1. Which is more difficult for you: making a habit or breaking a habit? Why do you think so?

VIEWPOINT

2. **Read Proverbs 2:1-11.** What are the conditions or actions outlined for obtaining wisdom? What value is found in developing such a focused habit?
3. How does acknowledging God as the source of wisdom (2:6) impact our approach to seeking and acquiring it?

GETTING PERSONAL

4. How can you be more intentional in seeking wisdom, based on the conditions outlined in Proverbs 2:1-11?
5. Successful people do CONSISTENTLY what other people do OCCASIONALLY—what is one positive behavior you do occasionally that you’d like to do more consistently?
6. What’s one “You in 5 Years” character quality you’d like to develop? Use three words to describe the kind of person you want to become. What are some habit systems that would help you work toward this?

MAKING PROGRESS (THIS WEEK)

7. How does understanding the Habit Cycle help (Cue, Routine, Reward)? What will be the cue for your new routine? How can you make your new routine more obvious and easy?

After I _____[cue], I will _____[routine]

I. Make the most of your
_____ time

II. Get _____

III. Then go _____

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