

FACT TO PONDER

A study from Duke University suggested that as much as 40 percent of the actions we take every day are not the products of choices but of habits

Justin Earley, *The Common Rule*

Opening

- What kind of habits were framing your day for better or for worse?
- How does the “fact to ponder” shed light on your habits?

Reflection Questions - Matthew 6:5-13

- What was the issue regarding prayer that Jesus had a problem with?
- Why do we have the tendency to make prayer about us and what we need to do?
- How does Jesus reframe prayer by how he addresses God?
- What difference should it make when you reframe your day (morning, noon, and evening) with prayers that focus on who God is, what he has done, and what he is doing now?
- As you attempted to reframe your day through kneeling prayer, what was challenging about it? What did you learn about yourself and God through this daily habit?

Next Steps

- Keep trying Habit #1. Jot down any observations you may have about the experience.
- Next week, read Daily Habit #3¹

¹ Habit #2 and Habit #3 will be combined but the focus will be on Habit #3. It is difficult to apply Habit #2 in the midst of the pandemic, especially eating with coworkers and neighbors.