

# WEEK 1

## CONVERSATION GUIDE

MAKE  
 IT A  
 HABIT

### THIS SERIES

If you're an adult, the idea of spiritual habits is probably pretty familiar to you. Spiritual disciplines, quiet time, devotions — whatever you call it, you've probably established at least a few rhythms that help you grow spiritually. (Or, at least, you're working on it.) The teenagers in your ministry, on the other hand, might need a little help from you to figure out how, exactly, to grow spiritually. So in this 4-week series, **you'll help your students discover four habits that can help them grow spiritually.** The four habits we'll cover are **Spending Time with God, Spending Time with Others, Sharing Your Story, and Using Your Gifts.** By introducing these habits to your students now, you'll help set them up for a lifetime of spiritual growth.

### THIS WEEK

#### **THE BIG IDEA**

Time with God grows your relationship with God.

#### **THE BIBLE**

Mark 1:35, Mark 6:46, Luke 5:16,  
Luke 6:11-12, Matthew 14:13

- **Nail-biting, sleeping in, forgetting to put on your deodorant . . . what's one of your bad habits?**
- **Talk about a time you tried to develop a new habit. How'd it go?**
- **Have you ever tried spending time with God? What happened?**
- **Why do you think it's so difficult to spend time with God regularly?**
- **What are the benefits of spending time with God regularly?**
- **Talk about a time you felt really connected with God.**
- **When it comes to spending time with God, what's one habit you'd like to work on developing this month?**
- **What's one tip or trick that could make developing that new habit easier?**