

**1. Habit #1: Seek God first**

- a) Matthew 6:33
- b) Exodus 20:3
- c) Matthew 22:37–38
- d) Luke 2:49, the example of Jesus
- e) How can you be sure you have made God first in your life?

**2. Habit #2: Look for the return of Jesus**

- a) Philippians 3:20
- b) Luke 12:35–48
- c) Titus 2:11–14
- d) How will a daily expectation of the imminent return of Jesus in glory affect the way we live?

**3. Habit #3: Use time wisely**

- a) Ephesians 5:15–16, what is meant by the expression “redeeming the time”?
- b) Matthew 25:14–30, what is the common characteristic of the two faithful servants?
- c) Share an experience of wasting time and how you were convicted to use your time more wisely.
- d) What should be our greatest motivation for using our time wisely for our Master?

**4. Habit #4: Keep a healthy mind, body, and soul**

- a) Luke 2:52

b) How do we keep a healthy mind in a sin-ravaged world?

- i) Philippians 4:8
- ii) Hebrews 12:1–3

c) Why is a healthy body important for a faithful steward? 1 Corinthians 6:19–20

- d) Romans 12:1–2, our reasonable service as faithful stewards
- e) How did the aged apostle John express the Lord’s desire for each one of us? 3 John 2–4
- f) Where is your greatest challenge when it comes to physical, mental, emotional, and spiritual health?
- g) What counsel would you give to a friend who longs for improved physical, mental, emotional, and spiritual health?

**5. Habit #5: Be self-disciplined**

- a) Is self-discipline an inborn characteristic for some and not for others or is it a gift of God?
- b) Consider the following texts:
  - i) 2 Timothy 1:7
  - ii) Galatians 5:22–23
  - iii) 1 Corinthians 9:24–27; Galatians 2:20
- c) Share an example of a Bible character who exercised self-discipline and was blessed by God as a result.
- d) How can we avoid the trap of thinking our self-discipline earns God’s favor or love?

