



*Switch on Your Brain*  
**AUTOMATIC**

Sep 16-17, 2017

**Definition of Habit**

“A recurrent, often unconscious pattern of behavior that is acquired through frequent repetition; an established disposition of the mind”

*The American Heritage Dictionary, 4<sup>th</sup> Edition (Online)*

“As he thinks within himself, so he is”  
(Proverbs 23:7 NASB).

**1. CONTINUE TO \_\_\_\_\_ YOUR BRAIN.**

“God...will show me the path of life; in Your presence is fullness of joy; at your right hand are pleasures forevermore” (Psalm 16:11 NKJV).

“I can guarantee this truth: This is what will be done for someone who doesn’t doubt but believes what he says will happen: He can say to this mountain, ‘Be uprooted and thrown into the sea,’ and it will be done for him” (Mark 11:23 GWT).

**2. PRACTICE MAKES \_\_\_\_\_.**

“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock” (Matthew 7:24 NIV).

**3. \_\_\_\_\_ BEHAVIORS  
= \_\_\_\_\_.**

“Let God transform you into a new person by changing the way you think” (Romans 12:2 NLT).

**QUESTIONS FOR REFLECTION & DISCUSSION**

1. What is the definition of a “HABIT?”
2. How would you assess the progress you’ve made over the past 21 days?
3. Do you have any “mountains” that need moving? What does Jesus say about those?
4. What is the end result of repeated practice?
5. What is the connection between “automatic behaviors” and our transformation?
6. What new habit-forming practices have you adopted after this series?
7. Ask the Lord for a vision of what He wants you to become at the end of your life.

Notes and recordings of these messages can be found on:

[NHCOMililani.org](http://NHCOMililani.org) | [NHCOWahiawa.org](http://NHCOWahiawa.org) | [NHCOHaleiwa.org](http://NHCOHaleiwa.org)



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