

# How to Reprogram Habits (Youth)

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 [pursuegod.org/how-to-reprogram-habits-youth/](https://pursuegod.org/how-to-reprogram-habits-youth/)

Have you ever tried to get good at a sport or instrument? What did you have to do? Practice. Practice. Practice. In order to get good at anything in life, it takes a lot of practice and self-control. The same is true with our habits.

## Good habits require self-control

When the Bible talks about developing godly behavior, it uses the language of training for a sport. In order to get good at a sport you have learn discipline, patience, and how to work hard. The same is true for growing as a Christian.

**1 Corinthians 9:25-27** *All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*

In order to grow as a follower of Jesus, you have to learn discipline. This means that you learn to say “no” to things that dishonor God and “yes” to things that honor God. It means that you give up the temporary pleasure of your sinful habits for the greater glory of honoring God. This is similar to how a runner puts in grueling hours of painful training for the glory of finishing in first place for the race.

## Life isn't just about how hard you work

But don't misunderstand what the Bible is saying. You can't work your way into being like Jesus. No, you grow as a Christian as you learn to follow the leading of the Holy Spirit in your life.

**Galatians 5:16-17** *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.*

The Holy Spirit is the one who is at work within you to make you more like Jesus. He is the one who gives you new desires to honor God. And he is the one who develops godly qualities, like self-discipline, in your life.

**Galatians 5:25** *Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.*

The Holy Spirit is at work in your life, but you have to follow his leading. If you ignore the Holy Spirit's work in your life, then you won't grow. Instead, learn to follow the impulses that the Holy Spirit puts in your life. Talk to your mentor or small group leader about how to do this.

## Discussion Questions:

1. *Watch the video together or invite someone to summarize the topic.*
2. *What is your initial reaction to this video? Do you disagree with any of it? What jumped out at you?*
3. *What is something you have spent a lot of time practicing in order to get better at? What were the results of all of your practice?*
4. *How would you define self-control? Why is self-control so hard for teenagers?*
5. *Read [1 Corinthians 9:25-27](#). How is being a Christian like being an athlete training to compete? Why do we have to be intentional about changing our behaviors as Christians?*
6. *Read [Galatians 5:16-17](#). How does the Holy Spirit guide your life? According to these verses, what is the struggle that goes on inside your life?*
7. *Read [Galatians 5:25](#). What is your role and the Holy Spirit's role in helping you grow as a Christian?*
8. *Can you ignore the work of the Holy Spirit in your life? Explain.*
9. *What can you do if you think you haven't been following the Spirit's leading?*
10. *Write a personal action step based on this conversation.*