



# THE POWER OF SIMPLE HABITS

a video series on family faith

## LESSON 1: WHY HABITS ARE POWERFUL

<https://www.christiethomaswriter.com/encourage/simple-spiritual-habits/>

**1) PRAY:** Use this space to record your prayer. Ex: 'God, please show me one thing You want to do in our family. Show me which habit You want us to start.'

**2) PAY ATTENTION & RECORD YOUR THOUGHTS:**

Use this space to write down anything that comes to mind.



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## LESSON 2: CREATING A NEW HABIT

<https://www.christiethomaswriter.com/encourage/how-to-start-a-new-habit/>

### **WHAT REWARD AM I SEEKING?**

A reward can be anything: an emotional payoff, or that you get to snuggle with your kids, that you'll have a good conversation together, or that they smile every time you pray for them. It can also be something tangible.

### **WHAT ROUTINE DO I WANT TO DO?**

Will you read a couple verses with your kids? Will you read from a devotional book? Will you talk about current events and pray about them? Will you pray over your kids? Brainstorm a few routines here.

### **WHAT WOULD BE A GOOD CUE FOR THIS ROUTINE?**

Make sure it's something you can't ignore! Your cue could be a time of day, something you see, a smell, or even a special alarm you set. Brainstorm your ideas here.



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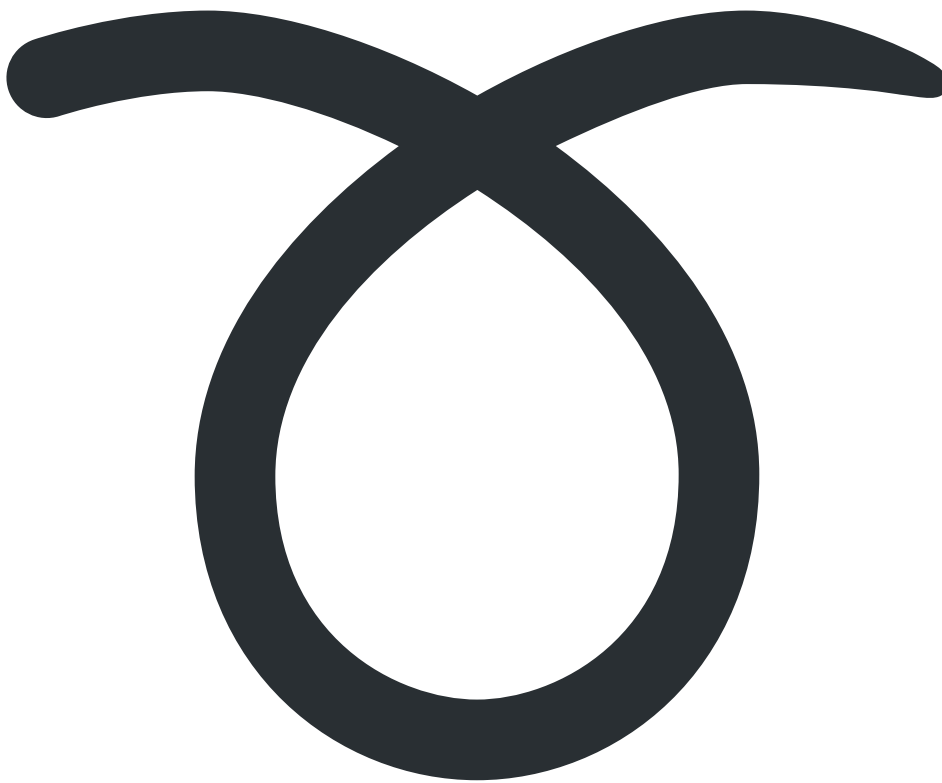
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## LESSON 2: CREATING A NEW HABIT

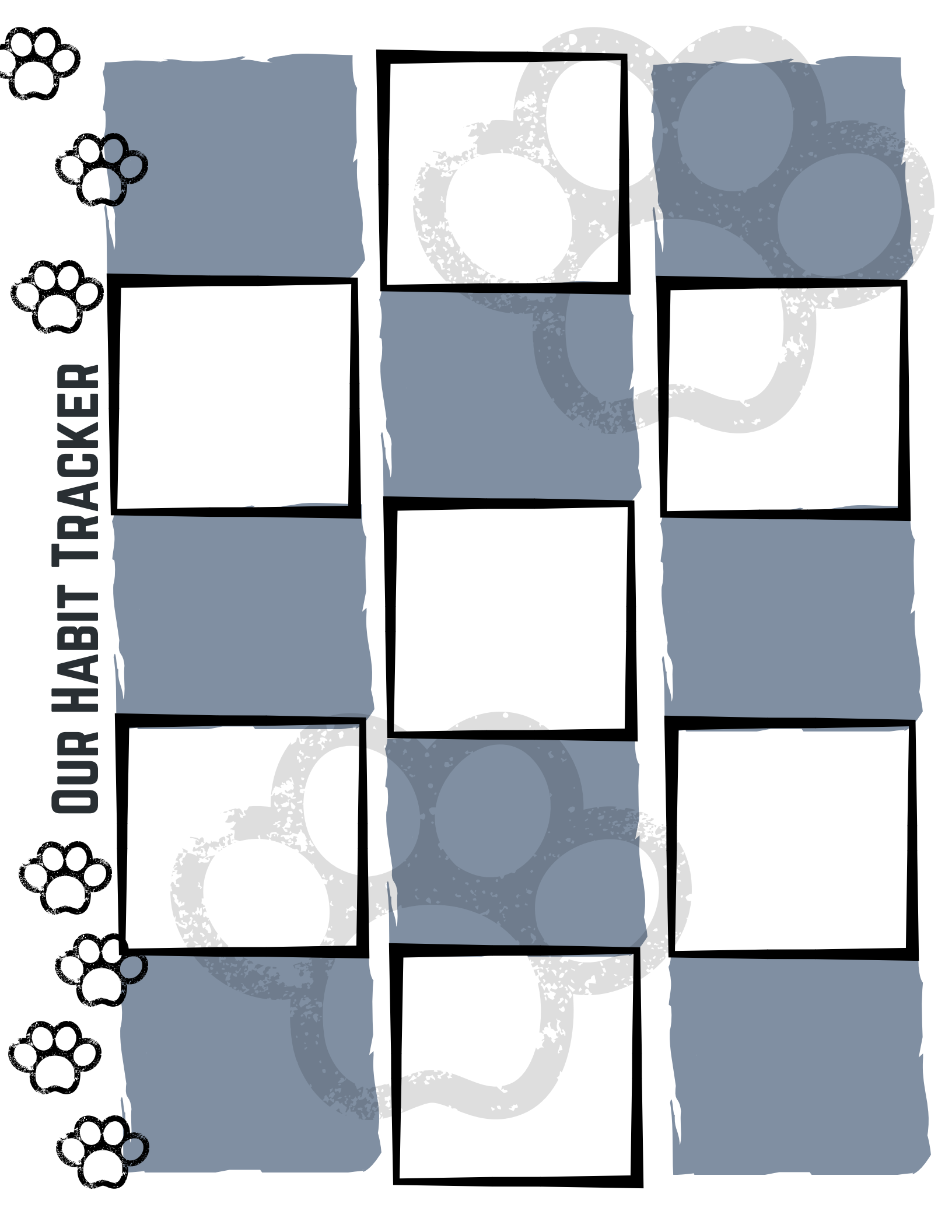
### PUT TOGETHER YOUR DESIRED HABIT LOOP:

**CUE**

**REWARD**



**ROUTINE**



# OUR HABIT TRACKER

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## LESSON 3: TRANSFORMING AN OLD HABIT

<https://www.christiethomaswriter.com/mommy-blog/change-old-habit/>

### 1. CURRENT REALITY

Write down everything that happens between "it's time for bed" and "child is actually asleep".

### 2. THE DREAM

Circle everything in the above list that you want to do EVERY SINGLE NIGHT.

### 3. THE PLAN

Write down a new routine. Then try it out! TIP: Use the habit tracker chart to get your kids on board.



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## LESSON 4: A KEYSTONE HABIT

<https://www.christiethomaswriter.com/encourage/keystone-habits/>

**1) KEYSTONE HABITS OFFER \_\_\_\_\_  
THAT MAKE US REALIZE THAT BIGGER CHANGES  
ARE POSSIBLE.**

**2) KEYSTONE HABITS CREATE \_\_\_\_\_  
FOR OTHER HABITS TO FLOURISH.**

**3) LAST, KEYSTONE HABITS CREATE A \_\_\_\_\_  
WHERE NEW HABITS BECOME ENGRAINED.**

**SIGN UP FOR THE  
7-DAY BLESSINGS CHALLENGE!!**

**CLICK HERE**

For you were once darkness,  
but now you are

*light  
in the Lord.*

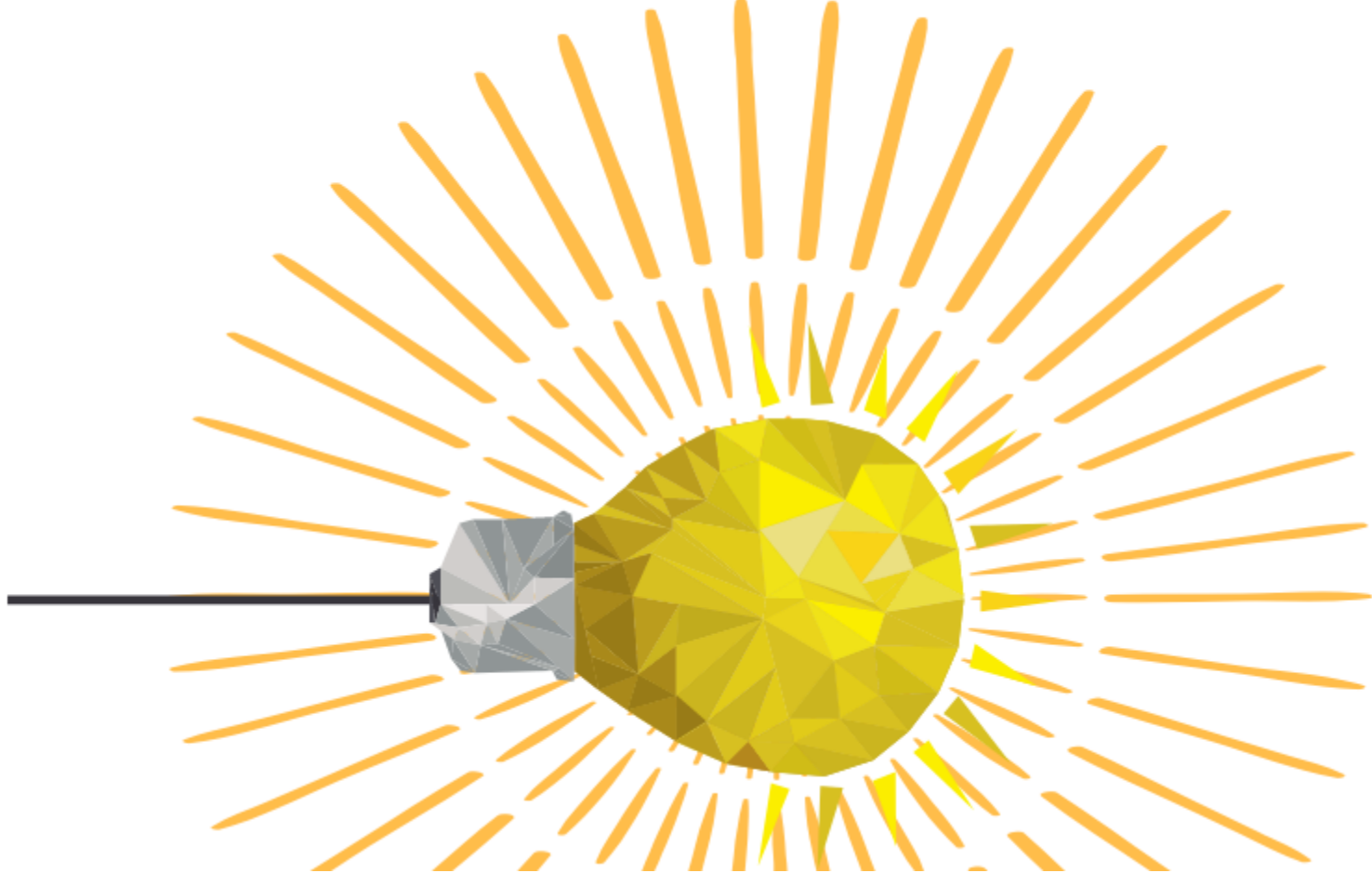
May you live as a child of light,  
bearing the fruit of the light

which is goodness,  
righteousness and truth.

May you find out what  
pleases the Lord, and do it.

May you have nothing to do with the  
fruitless deeds of darkness, but rather  
expose them.

from Ephesians 5:8-11



# GROW YOUR HABIT (WORKBOOK 2)

calling

confidence

consistency

creativity





# GROW YOUR HABIT

- WHEN AND WHAT -

## DECIDE 'WHEN'

In order to start a habit, you have to determine the best time for it. And remember, you want to attach it to something you're already doing. Think of it like velcro: when you stick the two things together, you can no longer imagine them separately! First, let's pray: *God, I invite You into this process. Fill my mind with creativity, and show me how to invite You into what that I'm already doing, even if it's the time I least expect You to be working. Amen.*

Rank each time of day from 1-5 (one being a terrible time to talk about faith, and 5 being a great time to talk about faith):

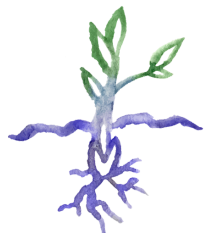
\_\_\_\_\_ When my kids first get up (for example, snuggling in bed together)

\_\_\_\_\_ At breakfast

\_\_\_\_\_ At lunch

\_\_\_\_\_ During/after dinner

\_\_\_\_\_ Right before bed



Next, brainstorm several family habits that occur at least 3 times per week. Some examples include driving to school / sports, nap time, waiting for someone, weeding the garden, walking somewhere, or grocery shopping.

Now rank each daily(ish) habit from 1-5 (one being a terrible time to talk about faith, and 5 being a great time to talk about faith):

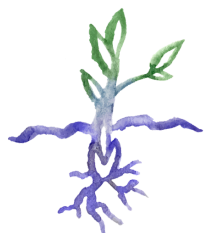
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Now, pray over your list, asking God if there's something you missed, or something you ranked wrong.

Next, pick ONE time. Only one. Remember, the key to building habits is to start SMALL.

**The time I will intentionally connect with my kids about our faith is:**

|       |
|-------|
| _____ |
|-------|



# DECIDE 'WHAT'

Now you officially have one side of your velcro! Congratulations!

Ready to figure out the other side? That one might be a little trickier because there are SO many options. Try not to be overwhelmed! Remember that story about the little boy who gave Jesus his 5 loaves and 2 fishes? Jesus took that tiny offering and used it to feed 5000+ people. Simply give Him your small habit, and He will help it grow.

I am going to give examples of habits you might want to start, as well as an article that goes a little deeper into each one. Ready? Don't forget to pray over this process too, but don't get hung up on looking for the *perfect* habit. (It doesn't exist!) Pray about it, then pick something.

## **Age 0+:**

I want to start praying Biblical blessings over my child.

- [Click here](#) -

## **Ages 1+:**

I want to read a Bible storybook with my child.

- [Click here](#) -

## **Ages 1+:**

I want to read a devotional book with my child.

- [Click here](#) -

## **Age 1+:**

I want to watch devotional videos with my child.

- [Click here](#) -

## **Age 2+:**

I want to start praying with my child.

- [Click here](#) -

## **Ages 5+:**

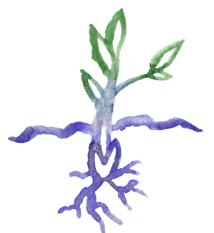
I want to read the actual Bible with my child.

- [Click here](#) -

## **Ages 4+:**

I want to explain the gospel to my kids

- [Click here](#) -



# NOW WHAT?

Now you've picked WHEN you're going to start your habit, and you know what you want to do. Now how do you actually DO it?

## You make it fun!

I suggest that you involve your kids in this part: tell them what you want to do, and ask them how THEY would like to keep track of this habit. Your kids will LOVE holding you accountable for something!

Here are some suggestions as to how to get your kids involved in keeping you accountable:

**1) PROGRESS CHART:** Grab a blank piece of paper and some stickers. Each time you do your habit, let your kid choose a sticker to put on the paper. If you don't have stickers, this also works with check-marks. If your kids are young enough, they'll probably love just making a mark on your paper.

**2) REWARDS:** Tell your kids that when you reach a certain level, you'll get a family reward. You could eat ice cream sundaes, or watch a movie together, or have a dance party in the kitchen...whatever gets your family motivated! Simple, frequent rewards tend to work better than big rewards that take forever to reach. One way to keep track of your progress toward a larger reward is to create a paper chain. Each time you do your habit, your child gets to pull off one link. When there are no links left, it's reward time!

**3) CONSEQUENCE:** Let your child pick a silly consequence for you if you forget! Let them draw on your hand, or pick tomorrow's breakfast or have an extra book at bedtime. Make the consequence simple, but something that will inspire your child to point out your forgetfulness. (PS don't forget to do your habit when your child reminds you, and to follow-through on your consequence!)

**4) CONVENIENCE:** Keep any supplies as easy to grab as humanly possible. For our family, this means leaving the Bible or a devotional book on the table ALL the time. That way, when I forget, the kids remind me because its mere presence reminded *them*.