

Healthy Habits

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ACTIVITY SHEET



What an incredible journey of transformation and empowerment you have been on. You may have come far, but the battle is not over. Rather, you're now prepared for battle. In the same way the Apostle Paul commissioned believers to put on the full Armor of God (to take a stand in protest against the devil's schemes, and stay standing when the enemy tries to come and take us out), the final stage of the journey towards sustainable transformation is to establish relapse prevention strategies. It's one thing to experience change, but it's a whole other thing to maintain it.



PROGRAM OBJECTIVES

This session is designed to help you:

- (a)** understand the importance of having your beliefs and conduct aligned
- (b)** put on the full armour of God to prevent lapsing back into old habits
- (c)** review and reflect on the principles, strategies and skills you've learnt throughout this program

Your Assignment is Alignment

If your behaviour is at odds with what you know to be right, you run the risk of experiencing ‘cognitive dissonance’ (a state of mental and emotional conflict/discomfort). However, when your actions line up with what you believe, you experience authentic peace. Of course, no one has perfect alignment. However, sustainable behaviour change involves continually working towards improving compatibility.



Identify how aligned your new healthy habits are with what you believe:

HEALTHY HABIT	BELIEF	RATING
<i>Example:</i> I've been exercising regularly (up to 3 times per week), eating well (most days) and getting better quality sleep than before.	<i>Example:</i> My body is the Temple of the living God. Therefore, it is my responsibility to look after my health and well-being.	<i>Example:</i> 86% compatibility (still room for improvement)
1.		
2.		
3.		

WHEN IT COMES TO SUSTAINABLE CHANGE, THERE ARE NO 'SEEMINGLY UNIMPORTANT DECISIONS'. IF YOU WANT TO AVOID LAPSING BACK INTO OLD HABITS...

EVERY DECISION COUNTS!



Remorse and Repentance

If your actions are at odds with your values, you may instinctively feel guilty. However, left unresolved, guilt can mutate into shame (which is a primary risk factor for relapse). Fortunately, engaging remorse and repentance, as an alternative, will help you own your past, accept your present and take responsibility for your future.



When you are motivated by love and humility, your focus starts to shift. Rather than dwelling on 'how' you feel (guilt) or 'who' you have become (shame), you become aware of the 'impact' your actions have (remorse) and the importance of making things right (repentance). When you own up and accept the consequences of your actions, you are better positioned to sustainably change your future.



Consider the following core beliefs. Identify any transitions you may need to make from 'guilt and shame' to 'repentance and remorse':

GUILT / SHAME	→	REPENTANCE / REMORSE
"I'm such an idiot for what I did. I can't believe I was such a fool."		"I deeply regret what I have done. I'm committed to making up for it."
"I can't even bare to look at myself."		"I really need to take a look at myself."
"I'm so embarrassed I got caught."		"I am sorry for the impact my actions have had."
"I hate myself so bad for what I've done. There's no way I'll do it again."		"To make sure I don't make the same mistake, I will seek help with this."
"I have brought shame on my family and myself."		"I am committed to making my family proud once again."
"What I have done is unforgivable. There's no point in even asking."		"I don't deserve it, but I'll apologise anyway and seek forgiveness."
"I've told you a thousand times how sorry I am for being such a failure."		"My apology to you is not just words, but actions. Watch this space."
"I made this bed, now I have to lie in it. There's nothing I can do about it."		"I accept the consequences of my actions, but it's not the end of my story."
"I'm such a disappointment to you (and to myself)."		"I am so sorry that I have disappointed you so deeply."
"I don't even know how you put up with me. I barely put up with myself."		"Your grace encourages me not to let you (or myself) down again."

Based on the 'belief' transitions you have made above, are there any residual feelings of guilt or shame for past poor choices, unwanted behaviours or bad habits, that you still need to reconcile? With remorse and repentance as your foundation, create a new position statement.

From this point forward, I...

The Battle Belongs to The Lord

In his letter to the church in Ephesus, the Apostle Paul commissioned believers to put on the full Armour of God. We stand with the belt of truth buckled around our waist, with the breastplate of righteousness in place, with our feet fitted with the readiness that comes from the gospel of peace, with the shield of faith held high, the helmet of salvation securely fitted, and the sword of the Spirit firmly in our grip, which is the Word of God.

BELT = TRUTH

“Then you will know the truth, and the truth will set you free.”

(John 8:32, NIV)

BREASTPLATE = HEART

“Above all else, guard your heart, for everything you do flows from it.”

(Proverbs 4:23, NIV)

FEET = PEACE

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4:7, NIV)

SHEILD = FAITH

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear.”

(1 Corinthians 10:13, NIV)

HELMET = MIND

“Therefore, there is now no condemnation for those who are in Christ Jesus...”

(Romans 8:1, NIV)

WEAPON = WORD OF GOD

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

(2 Corinthians 10:5, NIV)

“FOR THE LORD YOUR GOD IS THE ONE WHO GOES WITH YOU TO FIGHT FOR YOU AGAINST YOUR ENEMIES TO GIVE YOU VICTORY.”

(Deuteronomy 20:4, NIV)

Relapse Prevention

On the road to transformation, most people will encounter slip ups and setbacks. It's important to note that a lapse is not a relapse. However, if you're not careful, the enemy of your mind will try to convince you that the journey is too hard or too long; that your trip up equates to complete failure, and that ultimately, you're a loser. For this reason, it's so important to put on the FULL armour of God and stay on the right P.A.T.H.



How can you **BEST** prevent lapsing back into old unwanted habits?

P

PINPOINT A TRIGGER

Identify high risk situations (internal or external) that may tempt or demotivate you in the future

A

ALTER YOUR RESPONSE

Identify which piece of armour you can use to resist the devil's advances and draw close to God

T

TRAIN YOURSELF

Identify ways to rehearse/practice your alternate response plan (during low risk times)

H

HELP OTHERS

Identify ways to help others as well as accept help from others (don't walk this PATH alone)

Key Takeaways

Congratulations on coming this far in your healthy habits journey. While the program may be complete, your journey is not yet over. Consider what important learnings, skills, and strategies you can take with you into this next season.



Review the summaries below. Identify the most important key takeaway from each session.

SESSIONS	TOPICS COVERED	KEY LEARNING
SESSION 1 Dial up your discipline	<ul style="list-style-type: none"> • Understanding the nature of habits • Becoming aware of internal/external triggers • A vision for freedom (from, for and to) 	
SESSION 2 Becoming an agent of change	<ul style="list-style-type: none"> • Stages of readiness for change • High freedom: Positive versus negative • Objectives (not just 'what' but also 'who') 	
SESSION 3 Accountability buddies	<ul style="list-style-type: none"> • The power of community • Benefits of accountability buddies • Choosing your support crew 	
SESSION 4 The battleground	<ul style="list-style-type: none"> • Limbic system versus prefrontal cortex • Fine line between pleasure and pain • Brain tricks: The power of 'not yet' 	
SESSION 5 Out with the old; In with the new	<ul style="list-style-type: none"> • The power of 'walking by the Spirit' • Resisting temptation versus resisting the devil • Contingency plans for high risk situations 	
SESSION 6 The science of success	<ul style="list-style-type: none"> • New habit mindset • Magic formula for new habit formation • Taking advantage of internal/external triggers 	
SESSION 7 Battle ready	<ul style="list-style-type: none"> • Alignment of beliefs and action • Going from guilt/shame to remorse/repentance • Putting on the FULL armour of God 	