



# SPIRITUAL HABITS

SERMON: SPIRITUAL HABITS - WORSHIP

PREACHER: DAKOTA ADAIR | DURATION: 60 MINUTES

## LEADER PREP

### READ BEFORE GROUP

#### THE BIG IDEA:

Worship is the wholehearted offering of our lives to God in response to His mercy—and it shapes the direction of who we are becoming.

#### THE GOAL:

To help group members move from seeing worship as a Sunday activity to embracing it as a daily, embodied response to God's mercy that redirects their attention, affections, and choices.

#### POTENTIAL "WRONG TURNS":

**Sensitive Topics Alert:** This sermon touches on money, ambition, pornography, technology, and control.

- Avoid turning discussion into moral debates or cultural arguments.
- Redirect the group toward formation (what shapes us) rather than behavior management.
- Protect vulnerability. If someone shares honestly, do not correct, minimize, or compare their story.

## THE HOOK

10 MINUTES

#### ICEBREAKER:

What's one habit or routine you didn't realize was shaping you until you noticed its effect—good or bad? (*Examples: phone use, sleep habits, work pace, social media, fitness, news consumption, etc.*)

#### CONNECTION:

The sermon reminded us that formation is always happening. Tonight, we're exploring how worship—what we give our attention and allegiance to—quietly shapes the direction of our lives.



## THE BOOK | TEXT

15 MINUTES

### READ: ROMANS 12:1-2

#### QUESTIONS:

- What does Paul say is the basis for his appeal to believers in verse 1?
  - How does that basis shape the way you hear what he's asking for?
- According to verse 1, what does Paul call believers to present to God as an act of worship?
  - What parts of everyday life might that include for us?
- How does Paul describe this offering in verse 1, and what tension do you notice in that description?
  - Why do you think Paul chose language that holds that tension?
- What role does the "renewal of the mind" play in transformation according to verse 2?
  - How might that connect worship to where we give our attention in daily life?

## THE LOOK | SERMON

15 MINUTES

#### A QUOTE TO DISCUSS:

"Worship isn't a song you sing. It's a life you lay down."

#### A SERMON POINT TO KEY IN ON:

Worship is a response to God's mercy, the offering of our whole lives, and it determines the direction of who we are becoming.

## THE TOOK | APPLICATION

15 MINUTES

#### HEAD:

Where do you notice a disconnect between what you believe about God's grace and how you actually live or relate to Him day to day?

#### HEART:

When you think honestly about your life right now, what feels hardest to surrender to God—and what fear, desire, or sense of control might be underneath that resistance?

*\*Facilitator Note: If vulnerability emerges, slow the pace. Avoid fixing or advising. Protect the moment.*

#### HANDS:

What is one specific, concrete way you could redirect your attention this week as an act of worship—something that reflects trust rather than control?





# A WORD FOR THE WEEK

OUR PASTORS ARE SENDING REGULAR EMAILS TO THE CHURCH—SOMETIMES A PRAYER, SOMETIMES ENCOURAGEMENT, SOMETIMES A DEEPER LOOK AT SUNDAY'S MESSAGE OR WHAT'S HAPPENING IN THE LIFE OF OUR CHURCH.

BE SURE TO OPT IN IF YOU'D LIKE TO RECEIVE THESE EMAILS!

**NO SPAM. JUST ENCOURAGEMENT, PRAYER, AND STAYING CONNECTED.**



**SCAN THE QR CODE  
TO JOIN OUR  
CHURCHWIDE  
NEWSLETTER**

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WE'RE SENDING A TEXT OUT TO THE CHURCH THIS WEEK LETTING EVERYONE KNOW ABOUT THIS, BUT WANT TO MAKE SURE NOBODY GETS MISSED.

PLEASE MAKE SURE EVERYONE IN YOUR GROUP KNOWS ABOUT THE PASTOR'S NEWSLETTER WE ARE STARTING AND HAS THE LINK TO OPT IN IF THEY'D LIKE!