

# WHAT ARE HABITS?

## LESSON #1

## TEACHER'S GUIDE

### LESSON OVERVIEW

**Big Idea:** A habit is something you do over and over

**Key Question:** Why should we pay attention to our habits?

**Memory Verse:** *Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. Ephesians 4:23-24*

**Overview:** We're starting a new series today about habits. Habits are the behaviors that we do over and over again. We do them so much, we don't even realize that we're doing them. We all have habits and we all have good ones and bad ones. The good habits are the things that help us and make our parents and God proud. The bad habits are the things that aren't good for us and they make God and our parents sad. For example, a good habit is always telling the truth. This is good because it means your parents can trust you. A bad habit is arguing with your Mom every time she asks you to do a chore. This isn't a helpful habit because God tells us to obey our parents and to be servants. Here's the point. We all have habits. We need to identify what they are and decide which are good and which are bad. Obviously, the goal is to get rid of the bad habits and keep the good habits. Here's why. Our habits shape who we are, how we act, and what we care about. So, it's important to choose the right kinds of habits. And, here's the good news. God wants to help us with our habits. Bad habits can be hard to break because we're so used to doing them. But, over the next few weeks, we're going to learn how God helps us to break the power of the bad habits.

### CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** What are some of your silly habits? (ex, have to sit in the same chair at dinner, eat the same lunch everyday, pick your nose)

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read [Romans 7:15](#). Do you ever feel like you want to do what's right but you don't? What is a word that describes this struggle between right and wrong?

10 min **PLAY:** Do the group activity from Activity Page #2.

5 min **CLOSE:**

- What did you learn about habits today?
- Share prayer requests and pray as a class.

### TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together

Allow each kid to share. We all have habits, the behaviors we do over and over. The key is to discover your habits, decide which ones are good and bad, and throw out the bad ones.

**Answer: Because our habits help to shape who we become.**

Think about it. If habits are things we do over and over without thinking, then our habits totally impact who we are. What we do all the time will shape what we care about. So, it is good for us to identify what our habits are so we can decide which ones are good and which ones are bad. We want to get rid of the bad habits so we don't let those shape us into a person God doesn't want us to be.

**Bonus Questions:** What are habits? Why should we pay attention to our habits?

**4-5th:** What happens if we let the bad habits stay in our lives?

Paul is writing about his own struggles. He knows what honors God and he really wants to do those things. But, sometimes, he's tempted to do other things that don't honor God. This struggle is called sin. **Sin** is wanting to go our own way instead of God's way. We all have this sin problem and only Jesus can fix it. He came to die for our sins so we can say "No" to sin and "Yes" to God.

Allow kids to share. Encourage them to be specific.

# ACTIVITY PAGE #2

## Classroom Activities K-1st

### Option #1

#### Good Habits vs Bad Habits Flip Sign Craft

- Give each kid a half sheet of red and green construction paper.
- Give each kid a Habits template (**page 5**).
- Give each kid a large craft stick.
- Have the kids cut out each word.
- Have kids glue the word "Stop" in the middle of the red paper and have them glue the bad habits all around on the red side.
- Have kids glue the word "Do" in the middle of the green paper and have them glue the good habits all around on the green side.
- Then have kids lay one of their colored sheets face down on the table. Have them glue or tape the stick to the middle bottom of the paper.
- .Then, have them put the other colored paper face up on top of the paper and stick and tape or glue them together to make a flip sign.
- As the kids work, remind them that we have good and bad habits. We want to stop the bad ones and do the good ones.

#### Supplies needed

- Red construction paper, cut in half widthwise, 1 per kid
- Green construction paper, cut in half widthwise, 1 per kid
- Large craft sticks, 1 per kid
- Habits template (pg 5), 1 set per kid
- Scissors
- Tape or glue

#### Bonus Activity:

Play **the Memory Verse game**.

Say the memory verse as a class. Say it again while **spinning around**. Say it again while **marching** in place.

### Option #2

#### Good Habits Concentration Game

- Have kids get into groups of 4 or 5.
- Give each group a set of game cards (**page 6-7**).
- Have each group spread out the game cards, face down, and have them take turns flipping over two cards at a time to find a match. If they find a match, they get to keep those cards and play again. If they don't find a match, they flip the cards back over and the next person gets a turn.
- Person who ends up with the most matches wins.

#### Supplies needed

- Game cards (pg 6-7), pre cut, up to 4-5 sets per class, depending on class size.

#### Bonus Activity:

Play **the Telephone game**.

Have kids sit in a circle. Whisper the **Big Idea** to one kid. Have them whisper it to the kid to their right. Continue around the circle. Last kid has to say the message they heard.

# WHAT ARE HABITS?

LESSON #1

FAMILY GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

## 1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. A habit is something you do \_\_\_\_\_ and \_\_\_\_\_.
2. Habits have a way of \_\_\_\_\_ us..
3. \_\_\_\_\_ habits are the things that make your parents and God \_\_\_\_\_.
4. \_\_\_\_\_ habits are the things that make your parents and God \_\_\_\_\_.

## 2 Talk about it

Answer these questions together as a family.

1. What are some of your silly habits? (ex, have to sit in the same chair at dinner, eat the same lunch everyday, pick your nose)
2. What is a habit?
3. How do your habits control you?
4. Make a list of your good and bad habits. Why are the bad habits not good for you?
5. Read [Romans 7:15](#). Do you ever feel like you want to do what's right but then you don't? What's a word that describes this struggle between right and wrong? (hint: we all have it and Jesus came to fix it)

## 3 Live it out

Memorize this week's Bible verse:

**"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."**

**Ephesians 4:23-24**

**Bonus:** Read these additional passages as a family this week

- Read [Galatians 6:9](#). What should we never tire of doing? What are some good things you can do for others?
- Read [2 Timothy 3:16](#). Scripture is another word for the Bible. Why is the Bible useful to us?
- Read [1 Thessalonians 5:16-17](#). What should we never stop doing? Why is prayer important?

Parent Signature \_\_\_\_\_



# ACTIVITY PAGE #1

K-1st Grade



## BIG IDEA

A habit is something you do over and over

## KEY QUESTION

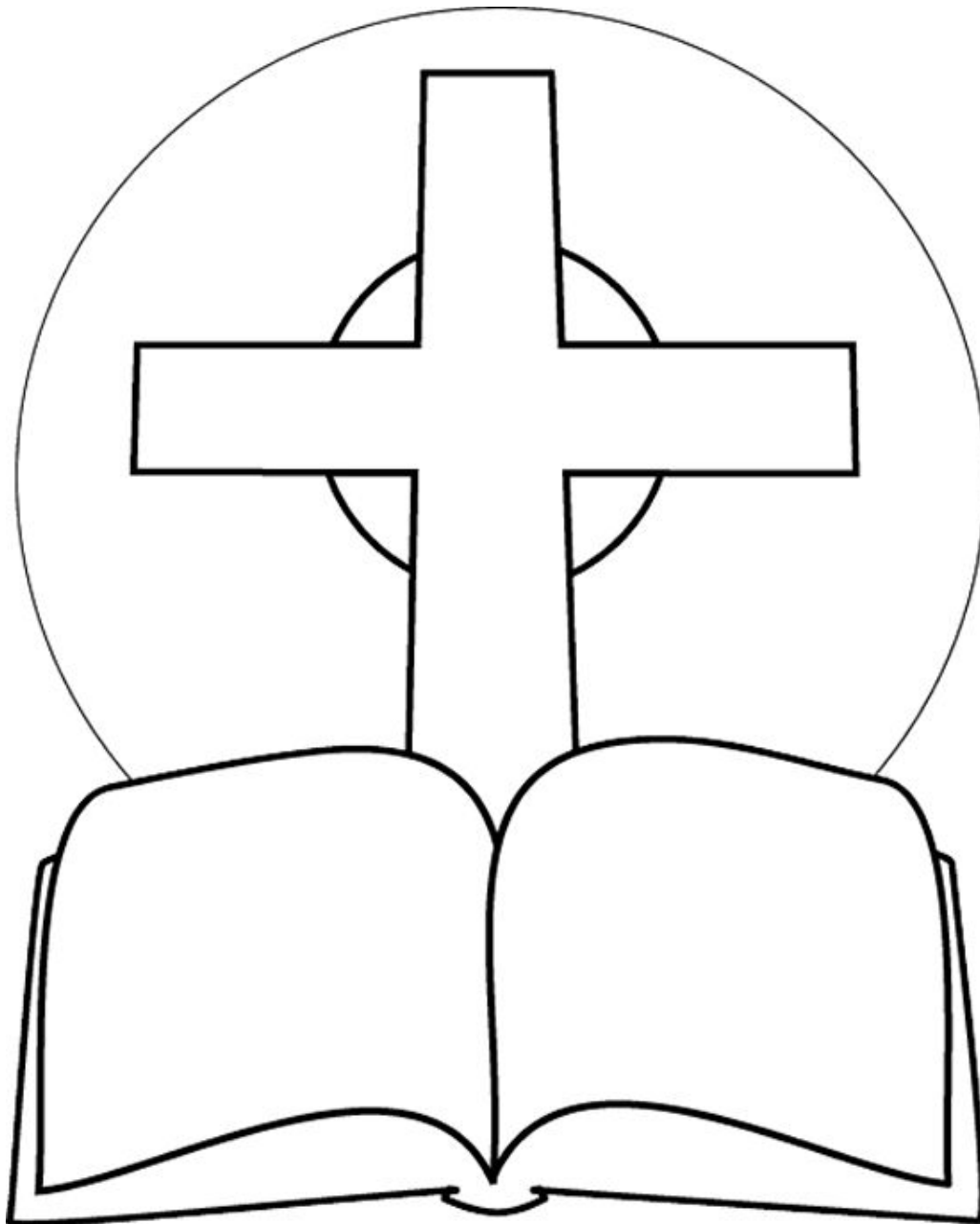
Why should we pay attention to our habits?

## MEMORY VERSE

"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."

**Ephesians 4:23-24**

Color the picture



READ YOUR BIBLE

STOP

DISOBEYING

LYING

PICKING ON  
SIBLING

FORGETTING  
HOMEWORK

DO

READ YOUR  
BIBLE

HELP YOUR  
PARENTS

PRAY

TELL THE  
TRUTH

STOP

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GOOD HABIT

GOOD HABIT

PRAY

PRAY

READ YOUR  
BIBLE

READ YOUR  
BIBLE

TELL THE  
TRUTH

TELL THE  
TRUTH

BAD HABIT

BAD HABIT

DISOBEY

DISOBEY

LYING

LYING

TEASING  
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