

## Discussion Guide

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# Habits and Rabbits

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### Main Idea

The habits we choose will determine the amount of detours we find ourselves on. There are choices we make that can either steer us in the direction of God's design for our lives or divert us from his plans and blessing. It's what happened in this story with the twelve spies in Numbers chapters 13-14. It was rabbit holes - choices - that the ten spies made that prevented them from ever entering the Promised Land (God's plan and provision) and caused them to wander the wilderness for 40 years.

### Anchor Verse:

"According to the number of the days in which you spied out the land, forty days, a year for each day, you shall bear your iniquity forty years, and you shall know my displeasure." (Numbers 14:34).

Read also Numbers 13:17-20; 27-31

### The Rabbit Hole of Contempt

They treated God with contempt. A simple definition of contempt – we don't believe that God is able and willing. How we see God will affect how we see our situation.

Read Numbers 14:11

Am I letting my situation determine my faith, or letting my faith determine how I respond to a situation? How can you flip the script?

## **The Rabbit Hole of Comparison**

They compared themselves. They had a grasshopper spirit. They looked at how small they assumed they looked.

Read Numbers 13:31-33

In what area(s) of your life are you allowing comparison to steal your joy? What can you do to get your joy back?

## **The Rabbit Hole of Comfort**

They wanted something more comfortable. They thought slavery in Egypt would be easier than trusting God. They identified more as captives than they did children! And it was keeping them captive.

Read Numbers 14:3-4

Where is your comfort level stopping you from entering into the more that God has for you?

## **SUMMARY**

What I believe will influence how I behave! We can't have behavior modification if we don't first have a heart transformation. It is what Caleb believed about God that gave him the confidence and the courage to say WE CAN CERTAINLY DO IT! Our behavior is determined by our beliefs. Caleb believed that God could do it. Caleb let his convictions frame how he responded to the situation. Our beliefs are shaped by our convictions! Do we have the conviction that God is who He says He is and that He can do what He says He can do?

## **CALL TO ACTION**

1. Believe that Jesus changed your identity. Because you are in Christ, go to your mirror and confess these things: I am a child of God, I am loved by God, and I bring God great joy.
2. Read Joshua 14:7 and write down your conviction about who God is to you.
3. Be intentional this week to review these notes and dig into God's Word further. Read the Word. Receive the Word. Reciprocate the Word.

# GROUP LEADER RESOURCE

## **Game: High Low Buffalo**

Go around in a circle and have each person give the highlight of their day, then a tension or low point of their day, and finally something that made them laugh.

The objective is to encourage everyone to share vulnerable moments and build deeper relationships, as well as to focus on the positive rather than the negative aspects of their experiences.

Tip: As the leader, you can go first and demonstrate a positive example. If someone answers that nothing made them laugh today, dig a little deeper and ask them, "What is the last thing that made you laugh".