

STUDY GUIDE

MAKE



THAT,

**HOW TO BREAK BAD HABITS AND MAKE
NEW ONES THAT LEAD TO SUCCESS**

BREAK



THAT

DAVE MARTIN

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INSPIRE

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chapter 1

MAKE OR BREAK



“Your habits will dictate whether you succeed or fail in your relationships, your finances, and all your personal pursuits.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 1: “Make or Break” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

Whom do you admire because of the habits he or she has cultivated over a lifetime? How have this person’s habits not only made his or her life better, but also the lives of others?

Whom do you know whose habits have caused him or her to fail in relationships, finances, or personal pursuits? How have this person’s habits not only affected his or her life, but also the lives of others?

“Psychologists tell us that up to 90 percent of our behavior is habitual.” What positive and/or negative habitual behaviors do you see manifested in your life? How do those manifestations affect you?

What positive and/or negative habitual behaviors do you see demonstrated in the lives of people close to you? How do those manifestations affect you?

Many people recall times when their behavior seemed to be on “autopilot” or “cruise control.” What do you think are the negatives and positives of these times?



What cues influence your behavior? What does it look like when a behavior has been triggered? What reward do you receive? Is it worth it?

Are you more susceptible to emotional, sensual, or social rewards? How can you tell?



Dr. Martin believes, “Our beneficial habits serve us well and do their good work with excellence, so they tend to remain hidden from our view. Our harmful habits cause us a lot of pain and embarrassment, so we pay close attention to those habits when we finally become aware of them.” What examples of this do you see in your own life?

What inherent potential do you see in a human’s habitual nature? How is it worthy of appreciation?

How does a person learn to differentiate between a bad habit and a good one?

... Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and ... be renewed in the spirit of your minds, and ... put on the new self, created after the likeness of God in true righteousness and holiness.

—Ephesians 4:22-24 (ESV)

Reflect on Ephesians 4:22-24 and answer the following questions.

What parts of your old self and your former manner of life would you like to “put off”?

What are the benefits of a person being renewed in the spirit of his or her mind?

chapter 2

THE COURSE OF OUR LIVES



“Success is not something that will happen to you when you are older. It isn’t something that will land in your lap on some date in the distant future simply because you deserve it. Success is the feeling of satisfaction that comes to us every day of our lives when we are making measurable progress toward the goals we have established for ourselves.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 2: “The Course of Our Lives” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

How has your personal journey not led you in a straight line? What twists and turns has it taken?

What do you remember feeling during the twists and turns? How did your feelings affect the way you responded to the situation and those around you?

What decisions do you distinctly remember making?
How have they affected your journey? Would you make them again or choose differently?

What small decisions do you see people making that have long-term consequences?

What factors—other than decisions—play roles in a person's life? How influential are those factors compared to a person's decisions?

What ruts do you see yourself or others traveling in?
How would you encourage a person who's stuck in a rut, so he or she can get out?

How do you determine success? How have your considerations of the matter caused you to plan for the near future as well as the distant future?



You know that in a race all the runners run but only one wins the prize, don't you? You must run in such a way that you may be victorious.

Everyone who enters an athletic contest practices self-control in everything. They do it to win a wreath that withers away, but we run to win a prize that never fades. That is the way I run, with a clear goal in mind. That is the way I fight, not like someone shadow boxing. No, I keep on disciplining my body, making it serve me so that after I have preached to others, I myself will not somehow be disqualified.

—1 Corinthians 9:24-27 (ISV)

Reflect on 1 Corinthians 9:24-27 and answer the following questions.

What role does self-discipline play in making and breaking habits?

Which habits seem to be the hardest to make or break if one relies primarily on self-discipline?

What would it look like for you to be disqualified?

Dr. Mike asserts, “Your habits are taking you somewhere, and they are taking you somewhere that is predictable.” Where are your habits taking you? Which of those places are places that you’d like to avoid?

chapter 3

HABITS OF THE AVERAGE AND THE ORDINARY



“While I believe that new habits can be created, I also believe that old habits can be broken. Obviously, I don’t believe that either process is easy.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 3: “Habits of the Average and the Ordinary” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

Where do you see that lying has become commonplace in the world? How much embellishment of one’s story does it take before it becomes a lie?

While Kevin’s story is an extreme case of lying, how have you seen lying destroy relationships and hurt everyone involved?

Where do you see that cheating has become commonplace in the world? Do you think other people would agree with you? Why or why not?

In what ways has our society adopted tolerance toward deception and cheating?

How can it be that the worst cheaters are those who claim to have the highest moral standards? When have you encountered someone like that?

When have you been tempted to compromise your standards in the face of difficult situations in order to solve an immediate problem or gratify an immediate need? What happened?



What socially permissible methods of stealing are you aware of? How might immediate repercussions change them?

What activities are you most likely to neglect and run the risk of procrastinating? What is your response to people who feel they work better when they've procrastinated?



Why do you believe people are prone to gossiping and spreading rumors?

How have you or someone you love been impacted by gossip? How did it affect the gossiper as well as the one being gossiped about?



Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.

—1 John 2:15-17 (ESV)

Reflect on 1 John 2:15-17 and answer the following questions.

What are the desires of the world?

How do people cheat, steal, and gossip to attain those desires?

Why is it futile to love such things?

chapter 4

THE GREAT HABITS OF GREAT PEOPLE



“The habits that great people [have] nurtured in their lives [have] enabled them to keep doing great things long after their limited capabilities were exhausted and in spite of the circumstances that may have hindered them.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 4: “The Great Habits of Great People” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

What has life forced you to choose due to the fact that you couldn't seize every opportunity or fulfill every dream? Are you satisfied with where you've chosen to focus your energy?

How would you encourage someone who is struggling to believe that his or her attitude is a choice? When might someone's attitude be harder to change than at other times?

How can a person develop more resiliency if he or she is tempted to succumb to discouragement when encountering setbacks in life?

What role do you think positive associations make in a person's life? How have you seen someone's future impacted by the people he or she has hung around with?

It's easy to understand how Bill Gates, Warren Buffett, and Mark Zuckerberg can be ranked among America's top givers. How can a person with a limited or modest income develop generosity? What benefits can come from making that change?



In what ways do you see people seeking and/or avoiding true intimacy? How does this impact their relationships?

How would you respond to someone who believes that forming a “habit” of spiritual discipline takes away from true intimacy with God?

Christine Martin has observed that “Nothing can depress the human soul and deflate one’s desire to do necessary things quite like disorder and chaos. But nothing can lift the human soul and boost one’s passion for life quite like order and predictability.” In what areas of your life have you experienced this?



What do you feel are the greatest challenges to maintaining a healthy lifestyle in this day and age?

In what ways do you use technology to enhance your life? In what ways do you actually see it causing the quality of your life to decrease?

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

— Philippians 4:8-9 (NIV)

Reflect on Philippians 4:8-9 and answer the following questions.

How can focusing on things that are excellent or praiseworthy cause a person to develop a positive attitude and increase resiliency, so he or she bounces back more readily in the face of discouragement?

How does generosity and true intimacy lead to peace
with God and others?





chapter 5

THE KEYS TO IMPROVEMENT AND GROWTH



“The quality of one’s habits also determines that person’s ability to take advantage of the opportunities that present themselves each and every day.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 5: “The Keys to Improvement and Growth” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

What characteristics describe a day in your life without order? What characteristics describe a day in your life with order?

How does the way people order or disorder their lives affect their and other people’s success?

What has been your experience in the past with developing good habits and eliminating bad habits? What methods have you tried? How successful were you?

How do you see willpower and laziness battling in your life? Which one wins more often? How can you tell?

What reminders have you used in the past to keep developing habits at the forefront of your mind? Were those reminders effective?

What is something in your life you already do without thinking that you can utilize to remind you of your new habit? How can you make that work for you?



“A habit is tangible, measurable, specific, and tremendously predictable and reliable. It takes just a moment to perform.” Of the habits you’ve thought about developing, which one will be easiest to fit into your daily life, so you see immediate success?

How does Lynn Bufka’s idea of setting “small, attainable goals throughout the year, rather than a singular, overwhelming goal” sit with you? How does that fit with the plan you have for yourself?

What challenges do you anticipate you will encounter as you reward yourself for successfully performing your desired behavior?

Since God has given you the advantage of knowing how your brain works, what tactics of the enemy are you sure you'll encounter? How can you use your newfound knowledge to coax your subconscious into cooperating as you form your new habit?

Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them. Remember the day you stood before the Lord your God at Horeb, when he said to me, “Assemble the people before me to hear my words so that they may learn to revere me as long as they live in the land and may teach them to their children.”

—Deuteronomy 4:9-10 (NIV)

Reflect on Deuteronomy 4:9-10 and answer the following questions.

What strategies do you use to remember God’s faithfulness in your life?



How have you helped others—your children, family members, friends, etc.—recall what God has done for them, so their gratitude and faith doesn't fade with time?

chapter 6

CHANGING YOUR HABITS



“Not only is success the product of the visualization of a goal; success is the product of the activities a person performs each day in the deliberate pursuit of that goal.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 6: “Changing Your Habits” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

“Researchers [have] concluded that to do great and noble things, a person must have an unusually high level of self-discipline. That is, he (or she) must have the ability to say “no” to himself temporarily in order to say “yes” to himself at a later date.” In what area of life do you have to deny yourself temporarily, so you can indulge yourself at a later date? What does that look like?

What is your dream? What is your driving ambition in life?

What clear mental picture do you see in your mind's eye that can be used to push yourself forward toward your ideal?

What action steps do you see yourself taking as you deliberately pursue your ideal?

What part will you allow or depend on the Holy Spirit to play as you take those day-to-day steps to maintain your drive to accomplish your dream?

Whom can you study to learn the behaviors that person implemented that led to his or her success? Will you trust yourself to emulate only the habits that align with your needs, temperament, or circumstances? What can you expect to happen if you don't?

“In a perfect world, you should know your purpose before you adopt your habits.” In this imperfect world, that’s not necessarily possible. In the meantime, for what habits can you purposely plot a course, plan the steps, and obtain the skills, relationships, and resources needed to get you headed in the right direction?

While it may feel counterintuitive, make a list of every unproductive habit that hinders your family life, your professional life, your spiritual life, and your social life. Next to each one, write HOW it hinders you. Be truthful, but resist the urge to become discouraged if your list is longer than you expect.

Now make a list of productive habits to replace the unproductive habits. Next to each one, write HOW each will enhance your life and the lives of those important to you.



How will knowing where you stand and understanding what you lack ultimately lead you to a place of plenty where you can fulfill your God-given destiny?



Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

—Luke 9:23-25 (NIV)

Reflect on Luke 9:23-25 and answer the following questions.

Which of your negative habits have you tried to “deny yourself” in the past? How did that work for you?

What hope can you feel knowing that you're going to replace your negative habits with positive habits, so you'll be more focused on the "gaining the whole world" aspect instead of fixated on the denying?



What is “gaining the whole world” going to look like for you?



chapter 7

13 WEEKS



“What could you accomplish in your life if you could develop four new and powerful habits over the next 12 months? What could you achieve if you could institute four new constructive habits during the coming year that are capable of taking you in the direction you want to travel? That is an amazing thought.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 7: “13 Weeks” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

What are your thoughts and feelings as you start this next chapter of the book and in your life?

As you prepare to change your habits and your life, choose the first four habits you would like to establish. Prioritize them in order of importance with one being most important.

What do you anticipate will be the most life-changing outcome as you implement these better habits?

Plan the following four steps before you actually begin:

Step 1: Break the new habit down into its simplest components, so you can start practicing that behavior in “baby steps.”

Step 2: Come up with some “cues” or “reminders” you can use to prompt this new behavior. Attach these reminders to habits you already perform, so they flow more naturally with your day.





Step 3: Create a “system”—a daily or weekly plan—that will give structure to your habit formation.

Step 4: Come up with a reward, or a series of rewards, that will make it worthwhile.

What psychological games are you fairly confident your mind will try to play with you to disrupt your plan? What action steps can you take to outsmart your mind?

How do you anticipate your reminders and/or rewards will affect the people who are most involved with your life? Is there a way you could enlist their help and make them part of a winning strategy?

“I cannot emphasize this enough. Most people who fail in their efforts to create new habits fail for one of two reasons. They fail because they don’t make the behavior easy to perform in the beginning, or they fail because they don’t think about the incremental steps they need to take to get to their final goal.” Reevaluate your plan and make the necessary adjustments, so you can avoid the pitfalls.

As a last step, ask the Holy Spirit to enable you to control your rudder, so you can steer your ship in exactly the direction you want to go.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.

— Hebrews 12:11-13 (NIV)

Reflect on Hebrews 12:11-13 and answer the following questions.

How could you encourage people who feel that their bad habits are too hard to overcome, the list is too long to replace with new habits, or they just don't have it in them to change?

What hope is there knowing that your discipline will reap a harvest of righteousness?

If “making level paths” for your own feet leads to the healing of others, what can you expect will happen as you develop a new habit over the next 13 week?

chapter 8

HABITS WORTH HAVING



“What is it that beats within your heart? What is it that you want to do or be more than anything else in the world? I want to put the final coat of paint on the subject of habit formation by sharing with you some practical illustrations of the kinds of daily behaviors that are part of a winning formula.”

REVIEW, REFLECT, AND RESPOND:

As you read Chapter 8: “Habits Worth Having” in *Make That, Break That*, review, reflect on, and respond to the text by answering the following questions.

What needed escapes must you plan, so you can maintain momentum as you develop your healthier lifestyle habits?

What purpose do you see in rest? Does the fact that God Himself does it and prescribed it in the Ten Commandments influence your thinking and behavior?

How might you rest in ways that are different from other people? How might these ways be different even than how you were taught to “rest” as a child?

Since none of us can evade the fact that we are aging with each successive day, what behaviors should we seek to emulate in order to stay strong, alert, and free from sickness and pain?

Which of the behaviors you just listed is the most challenging for you?

Do you agree with this statement? “Disorganization wastes more time and money than just about anything in the world.” Why or why not?



Are you a planner? How could you encourage someone who is not or who feels defeated by life's events constantly disrupting his or her plans?

Using the matrix created by Stephen Covey and Robert Merrill for their book *First Things First* or a similar graphic organizer, plan your week. Reflect when the week is over to determine if it helped you effectively manage your time.





What simple actions can you take to implement the following habits—Money Management, Learning, Relationship Building, Giving, and Putting God First—into your life? These may not take the requisite 13 weeks. If one is especially important to you, embrace it and give it the time.



As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

—Ephesians 4:1-6 (NIV)

Reflect on Ephesians 4:1-6 and answer the following questions

What role is the Holy Spirit going to take as you pursue—through your new habits—a life worthy of the calling you have received?

How will allowing the Holy Spirit to cultivate humility, gentleness, and patience in you help you accomplish your goals?

As you finish this study, what are you looking forward to the most—happiness, contentment, fulfillment, balance, etc.—as you master new habits and as the old ones slip away?



