



Date: _____

Name: _____

Teacher: _____

Lesson #4 - Developing Good Habits - Part 1 “Communication Skills”

Read: Proverbs 16:32; Jeremiah 17:7-8; Matthew 22:37-40

1. Most studies of habitual behavior indicate that a habit can be broken in _____ weeks.
2. Some studies tell us that you can break a habit in as little as _____ days.
3. If you can discipline yourself for a month or so and be willing to suffer through the _____ of _____, you can rid yourself of a negative behavior.
4. You can starve your bad habits into submission and start _____ your good habits.
5. Jesus prayed in Matthew 6:13, “Do not lead us into _____ but deliver us from evil.”
6. Declare everyday - Philippians 4:13 which says, “I can do all things through Christ who _____ me.
7. One of the most important habits to develop are good communication skills.

8. Poor communicators are focused on _____ and their own _____.

9. Two major factors that contribute to good communication styles are:

1.) _____

2.) _____

10. Two important values to communication are:

1.) _____

2.) _____

11. Encouragement will result in _____ and in people's ability to try new things.

12: **Acts 20:32 (NIV)** says, *"Now I commit you to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified."*

13. Empowerment operates in 3 areas:

1.) _____

2.) _____

3.) _____

14. _____ one another is the glue that holds relationship together.