



# HABITS of Resistance

## **Introduction**

1. What is shalom and how is it connected to our desire for “the good life”?
2. In what ways do you see the social media habits of Christians producing fear, anger, or discontentment?
3. What are the three core beliefs of the false gospel of our age (radical expressive individualism)?
4. Why is it important to recognize false stories from the culture and practice habits that root us in God’s true story?
5. Take a moment to pray, asking God to open your heart and mind to what He wants to teach you through this book.

## **Chapter 1: A Better Peace**

1. Read Genesis 3:16-24. If these curses show what life was like after the fall, what do they reveal about what life with God was like before sin entered the world?
2. Many of us have our own ways of seeking peace and control apart from God. What do you tend to reach for when you want to feel secure? How is this item/person/habit limited in its ability to provide peace?
3. What core memories or past experiences remind you of God’s power?
4. Read John 15:5. According to Jesus, what is essential for true success and fruitfulness as believers? Why is this practice non-negotiable?
5. How would you describe your current prayer rhythms? What in your life would change if prayer became a more consistent part of your daily habits?

## **Chapter 2: A Better Identity**

1. Read Genesis 1:26-28. How does the quote on p. 43 impact your understanding of what it means to be an image-bearer?
2. Of the identity groups described on pp. 45-49, which ones have you found a sense of belonging in? What did you have to accomplish to stay accepted, and what happened when you stopped meeting those expectations?
3. Describe your relationship with your biological family. Whether healthy or complicated, how does it help you understand the value of being in a family where you are loved and accepted?
4. Read Luke 8:21 and Luke 11:27. Why is Jesus's prioritization of His spiritual family surprising? How does it shape your understanding of how He sees us as His spiritual brothers and sisters?
5. How would you describe your current involvement in your local church? How might a deeper investment in your spiritual family gathering (time, service, building community) strengthen your confidence and sense of identity?

## **Chapter 3: A Better Love**

1. With shame entering our human reality after the fall, what does this show us about what Adam and Eve lost? How did sin change their relationship with God and with each other?
2. Think about the relationship shows and relationship advice gurus/influencers that are popular today. How does this kind of (relationship) content shape us in ways that make it harder to love people well?
3. Have you ever experienced rejection or abandonment in a relationship? How did it affect you? In light of that experience, why is God's unconditional commitment to us such a powerful gift?
4. Read Luke 10:30-37. How far does the Good Samaritan go to care for the injured man? What does his example teach us about how we're called to serve others?
5. How might your capacity to love others grow if your life included regular rhythms of self-sacrificial service? How could these habits change your relationship with your friends, coworkers, or family?



## **Chapter 4: A Better Justice**

1. Reflect on Genesis 1-2. When you consider the goodness of God's original design and then the choice Adam and Eve made, what does God's response in Genesis 3 reveal about His character?
2. How have you seen "cancel culture" show up online, especially among believers? In what ways is social media shaping how we handle interpersonal conflict?
3. When have you experienced grace from God or from another person? How did that moment shape you?
4. Read Matthew 18:21-35. Do you think the servant was thinking of the king's generosity when he saw the man who owed him money? Why or why not?
5. How would regularly practicing confession and forgiveness change the way you navigate conflict with others?

## **Chapter 5: A Better Joy**

1. Describe a specific moment when you deeply longed to 'be happy.' What was happening in your life, and what would happiness have looked like to you then?
2. Where do you notice culture pushing you to consume more than you need to? (e.g. food, clothing, tech gadgets) What hidden costs come with our overconsumption?
3. Looking back over this past week, where have you seen God's goodness show up in your life? How did this help you experience joy?
4. Read Matthew 4:1-11. In what ways does fasting strengthen Jesus in this moment? Why do we need to remember this?
5. In what ways could the practice of fasting recalibrate your perspective on where true joy comes from? What might God be asking you to fast from for an upcoming window of time, and what joys might be waiting on the other side of this surrender?



## **Chapter 6: A Better Hope**

1. What does God's continued presence with Adam, Eve, Abel, and Cain after the garden reveal about His character?
2. Of the four escape routes mentioned in this chapter, which have you turned to in past seasons of hopelessness? (denial, distraction, destruction, death) What happened as a result?
3. Think of a hardship you've walked through recently. How does God's faithfulness in that season give you confidence that He will be faithful again?
4. Read Matthew 11:1-6. In what ways do you resonate with John's question? How does Jesus's response offer John comfort and encouragement?
5. How could a regular rhythm of meditating on and memorizing Scripture strengthen your ability to fight against hopelessness? What truth would it remind you of?

## **Chapter 7: A Better Gospel**

1. How has our culture's idea of "freedom" shifted over time?
2. What are filter bubbles, and how do they reveal the limits of our unhindered autonomy?
3. Why is it important to remember that Christ came to restore shalom? How does this shape the way you understand the gospel?
4. Look back at the spiritual habits from this book. Create a rule of life for yourself by determining what habits you practice daily, weekly, and monthly. Add reminders to your calendar to help you stay consistent.
5. Take a moment to pray, asking God to show you one way you can apply what you've learned in this book.

