

LIFE SKILL OF THE WEEK: CONSISTENCY

Written by Joe Keim and taught in a group setting

1. Warm-Up

Opening question: Think about someone you respect. What is one thing they do over and over that makes you respect them?

- Today we're going to talk about *consistency* – doing the right things again and again, even when we don't feel like it.

2. What Is Consistency?

Consistency = doing the right things over and over, not just one time.

- Anybody can do the right thing **once**.
- Consistency means you keep doing it on **good days and bad days**.
- It is like taking **small steps in the same direction** until you arrive at a new life.

Example: Brushing your teeth once doesn't help. Brushing every day changes things.

Question: "Where do you feel like you are on and off – hot one day, cold the next?"

3. What Does the Bible Say About Consistency?

a) Steadfast, not moving

1 Corinthians 15:58

"Be ye steadfast, unmovable, always abounding in the work of the Lord..."

Ask:

- "What does 'steadfast, unmovable' sound like in everyday life?"
- "What would that look like for you this week?"

b) Don't quit when it gets hard

Galatians 6:9

"And let us not be weary in well doing: for in due season, we shall reap, if we faint not."

- God knows we get tired.
- He promises a harvest *if we do not quit*.

Question: "Where do you feel like giving up right now?"

c) Faithful in little things

Luke 16:10

“He that is faithful in that which is least is faithful also in much...”

- God watches the **small things**: showing up on time, cleaning up, paying small bills, reading your Bible, being honest.
- If He can trust you with small things, He can trust you with bigger things later.

Question: “What is one *small* thing you could start being faithful in every day?”

4. Daniel as an Example

- Daniel was taken to Babylon far from home.
- New language, new culture, lots of pressure.
- But he kept one simple habit:

He prayed to God three times a day, like he had always done.

- Even when the king signed a law against praying, Daniel kept his **same habit**.
- Daniel didn’t just pray when he was in trouble. He had a *daily* habit, and that habit gave him strength when the trouble came.

Questions:

- “Do you think Daniel felt like praying three times every single day?”
- “What helped him be consistent?”

5. Why Is Consistency So Hard?

Common struggles:

- I get bored.
- I forgot.
- I get discouraged when I don’t see fast results.
- I get distracted by my phone / people / social media.
- I feel guilty when I mess up once, then I quit.
 - The enemy wants you to think, “You failed once, so it’s over.”
God says, “You fell. Get back up and keep walking.”
 - Proverbs says *a just man falleth seven times, and riseth up again* (Prov 24:16, you can quote that part).

6. Four Areas Where You Need Consistency

1) Consistency with God

- Reading a little Scripture daily.
- Talking to God honestly every day (even if it's short).

Question: "What is more realistic for you right now: reading one chapter a day, or 10–15 verses a day?"

2) Consistency with Work

- Showing up on time.
- Finishing the job.
- Doing your best even when no one is watching.

Question: "How does being on time show respect for others and for God?"

3) Consistency in Relationships

- Keeping your word.
- Returning and responding to calls/texts.
- Saying "I'm sorry" when you're wrong.

Question: "What happens to trust when we are not consistent?"

4) Consistency with Finances and Responsibilities

- Paying bills on time.
- Saving a little instead of spending everything.
- Keeping your room/space in decent order.

Question: "What's one money habit that, if you did it every week, would help you a lot over the next year?"

7. Make It Practical: "My One Small Habit"

"Don't try to fix everything at once. Pick **one** small habit you will do every day for the next 7 days."

Examples:

- Read 10 verses in the Bible before I look at my phone.
- Pray for 3 minutes before bed.

- Make my bed every morning.
- Be 5 minutes early to work or class.
- Respond to text messages and emails
- Write down everything I spend in a small notebook.

Everyone:

1. **Write it down.**
2. **Tell someone in the room** what they chose for the next 7 days.

8. Short Closing Thought and Prayer

“God is not asking you to be perfect. He is asking you to be faithful. Little choices, over and over, can change your life. Don’t despise small beginnings. Just keep walking in the same direction with Jesus, one step at a time.”

Pray:

- Ask God to help each one be faithful in the small habit they chose.
- Ask God to grow a spirit of steadiness, reliability, and faithfulness in the NBH family.