



RED LIGHT

GREEN LIGHT



Stop.
Slow.
Start.

WE ALL KNOW THAT FRUSTRATING FEELING.

You want to change, try to make a change, but fail to change. You know something needs to be different, but you keep finding yourself in the same cycle of starting, trying, and failing.

The good news is that Jesus makes us new. Not through our own willpower, but with His help. Not through behavior modification, but through spiritual transformation. And usually not all at once, but through small, practical habits that He uses to shape us over time.

Jesus invites us to **Stop. Slow. Start.**

Give up your old way of life with its habits.

Each of you is now a new person.

You are becoming more and more like your Creator.

-Colossians 3:9-10

This guide is designed to help you stop what is moving you away from Jesus, slow down enough for Him to change you, and start habits that help you become more like Him. Inside, you will find interactive activities, practical strategies, and a habit tracker to help you get started. Work through it with your House Church, with a friend, or on your own.

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RED LIGHT

Stop what is moving you away from Jesus



Watch Video

● RED LIGHT LESSON

If we want to become new, we have to confront the old habits that have been forming us. Real change starts by stopping what keeps us stuck.

RED LIGHT PRAYER

Before contemplating what we should stop, let's invite God to reveal our blind spots. Pray this prayer as a group or individually. *(Based on Psalm 139)*

God,
*You have examined my heart and know everything about me.
You know my thoughts even when I'm far away.
You know what I am going to say, even before I say it.
Search me, God, and know my heart.
Test me and know my anxious thoughts.
Point out anything in me that offends You, and lead me along
the path of everlasting life.
Amen.*

CHECK IN

On a scale of 1-10, how would you rate yourself when it comes to stopping or starting new habits? Why did you pick this number?

**SINCE YOU HAVE HEARD ABOUT
JESUS AND HAVE LEARNED THE
TRUTH THAT COMES FROM HIM,
THROW OFF YOUR OLD SINFUL
NATURE AND YOUR FORMER WAY
OF LIFE, WHICH IS CORRUPTED BY
LUST AND DECEPTION. INSTEAD, LET
THE SPIRIT **RENEW YOUR THOUGHTS**
AND ATTITUDES. **PUT ON** YOUR NEW
NATURE, CREATED TO BE LIKE GOD—
TRULY RIGHTEOUS AND HOLY.**

-Ephesians 4:21-24

STUCK AT A RED LIGHT DISCUSSION

1. When you want to break a bad habit or replace a negative thought pattern, what strategies do you usually use?
2. Share about a time you successfully stopped a bad habit. What helped you be successful?
3. We don't name our Red Light habits to pile on shame, but because what stays hidden rarely gets healed. How have you experienced that to be true?
4. Guilt says, "I did something bad." Shame says, "I am bad." How does shame keep us stuck in our sin, while guilt can lead us toward repentance and change?
5. In Romans 7:15, Paul says, "*I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.*" Can you relate to this feeling? Why do you think people struggle with this? Why can't we just easily do what we want to do?
6. Ephesians 4:23 reminds us that real change begins with renewed thinking. When we're battling a bad habit, what does it practically look like to renew our minds instead of just trying harder to change our behavior?
7. Read Romans 7:21-25. What does Paul claim is the key to overcoming bad habits? How can our relationship with Jesus help us overcome our Red Light habit?

You will select one Red Light habit to focus on for this study. Use the interactive activities on pages 8-11 to help you determine what that habit will be.

IDENTIFYING RED LIGHTS

“Since you have heard about Jesus and have learned the truth that comes from Him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.”

-Ephesians 4:21-22

What Red Lights do you need to throw off? Be honest with yourself. Circle all the statements that resonate with you.

Anger:

I go from irritated to explosive faster than I want to admit.

Fixation on Appearance:

I care too much about how I look.

Impatience:

I get frustrated when people or situations slow me down.

Gossip:

I talk about other people in ways I would not say to their face.

Ingratitude:

I focus more on what is missing than what God has given me.

Control:

I feel anxious when I am not in charge.

Insecurity:

I need people to like me.

Envy:

I wish I had their life.

Jealousy:

It is hard for me to celebrate when someone else gets what I want.

Judging Others:
I can always find what
is wrong with others.

Materialism:
I keep thinking the
next thing I buy will
make me feel better.

Substance Misuse:
I use substances to take
the edge off or escape.

Lust:
I look for sexual
pleasure in places
that leave me emptier.

Resentment:
I hold tightly to
wrongs against me.

Keeping Score:
I remember exactly
who gave more, did
more, or hurt more.

Self-reliance:
I don't ask for help.

Workaholism:
I stay busy because
slowing down makes
me uncomfortable.

Numbing:
I use screens to
check out from life.

Productivity Addiction:
I feel more valuable when
I get more done.

RUNNING RED LIGHTS

*Instead, let the Spirit renew your thoughts and attitudes.
-Ephesians 4:23*

It's normal to have multiple Red Lights you want to stop. When we try to change everything at once, we often end up changing nothing, so choose one habit to focus on first. Ask your House Church or a trusted friend for help selecting one. Select one Red Light from pages 8-9 to reflect on using the Traffic Ticket below.

TRAFFIC TICKET

Red Light: _____

Reason for Running Light:

Where might this Red Light be coming from? Check all that apply.

What I Believe

- Lies about God Lies about myself Lies about what I need

What I Fear

- Rejection Failure Losing control Being hurt

What I Want

- Comfort Approval Control Relief

What I Carry

- Pain from past Shame Exhaustion Old coping patterns

Fines: *(What is it costing you?)*

- Spiritual Mental Emotional Physical Relational

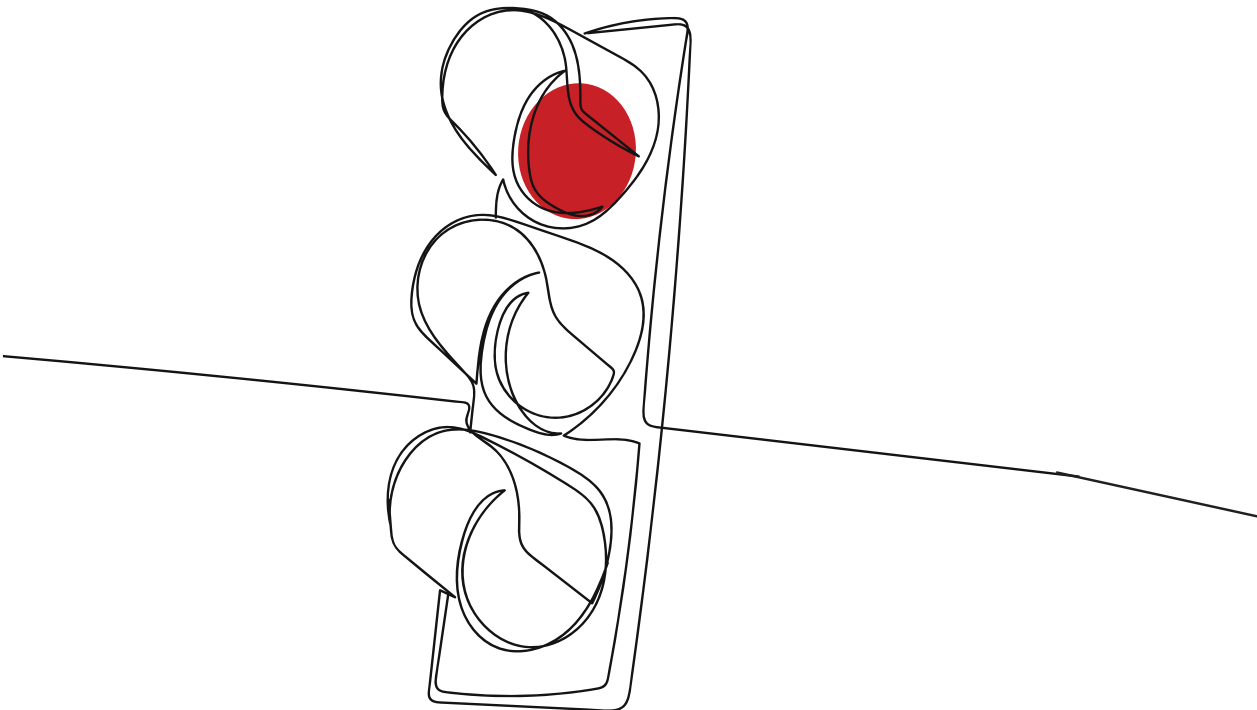
***Share one realization from your Traffic Ticket
with your House Church or a friend.***

RED LIGHT HABIT

*Put on your new nature, created to be like God—truly righteous and holy.
-Ephesians 4:24*

To address this Red Light in your life, what is one habit you need to stop/start? It could be stopping an old habit that keeps your Red Light strong or starting a new practice that weakens it. Use the Red Light Appendix on pages 38-39 for suggestions or choose your own.

Turn to page 37 and write it in the Red section of the Habit Tracker. Share the Red Light habit you have selected with your House Church or a friend as you are comfortable.



RED LIGHT NEXT STEPS

Share the Red Light habit you have selected with your House Church or a friend as you are comfortable. Brainstorm together, or reflect on your own, about the next steps you will take to begin breaking your Red Light habit.

Accountability: Who will hold you accountable and how?

Limit Triggers: What needs to be removed or avoided to be successful?

Progress not Perfection: How will you respond to missed days?

Rely on Jesus: How will you involve Jesus in this process?

My next step to being successful with this new habit:

PRAYING AT A RED LIGHT

Pair up with someone in your House Church or a friend. Share your Red Light habits and pray for each other to make progress this week. If you are going through this study guide as an individual, write a short prayer for yourself.

PRAYER REQUESTS

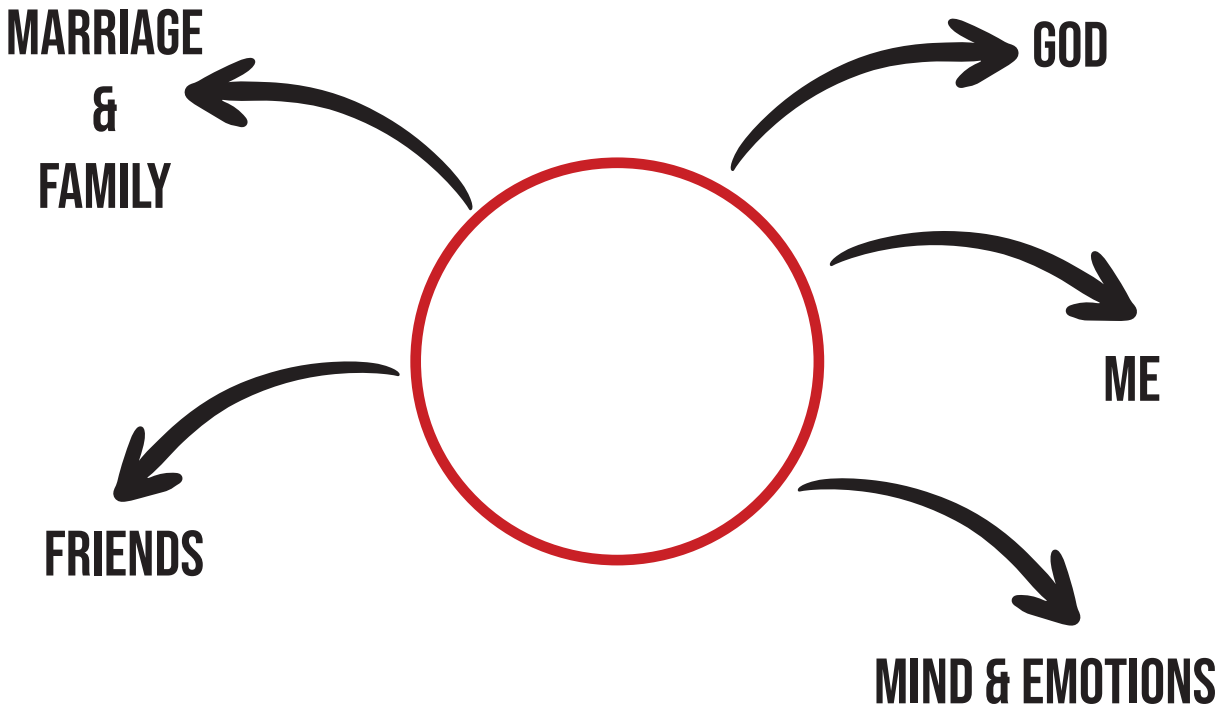


RED LIGHT REFLECTIONS

Habits are rarely broken by willpower alone. Real change happens as we invite God into the process with honesty, reflection, and dependence on Him. Over the next week, spend time with God going through the three Red Light Reflections and let Him guide your next steps.

Red Light Reflection #1: The Collateral Damage Map

When you know why you want to change, you are more likely to keep going when change gets hard. Use this map to help you define your “Why”. Write your Red Light habit in the middle and reflect on how this new habit could impact various areas of your life.



MY WHY STATEMENT

A large, empty rounded rectangular box with a red border, intended for writing a 'My Why Statement'.

Red Light Reflection #2: Story of Change

Read Luke 19:1–10, the story of Zacchaeus' dramatic life change.

What caused Zacchaeus to want to stop his Red Light habits?

What made change possible? What made change hard?

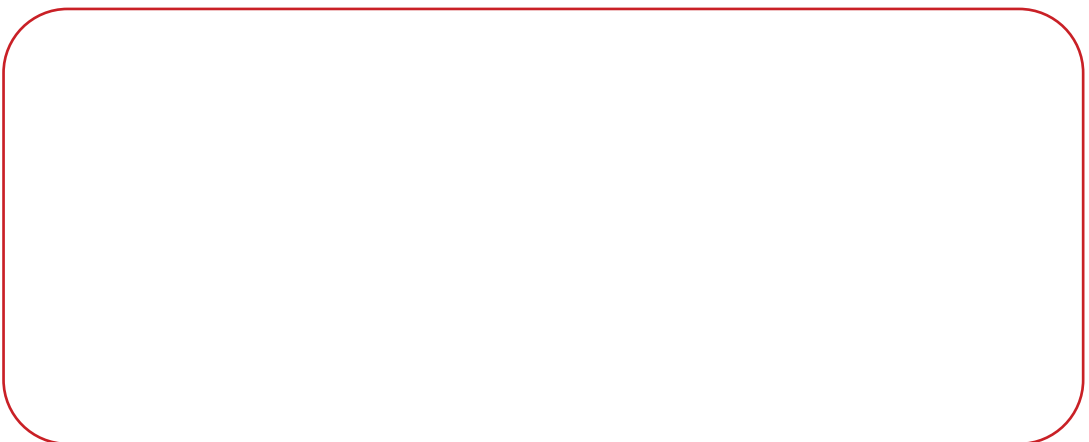
What is God teaching you with this story?

Red Light Reflection #3: Tell God About It

Write a prayer to God about your Red Light.

Tell God:

- *What this habit, thought pattern, or belief has been doing in your life*
- *Why you want freedom from it*
- *What feels hard about letting it go*
- *What you need from Him*
- *What kind of person do you want Him to help you become instead*
- *Ask God to renew your mind, strengthen you, and help you take your next step*



YELLOW LIGHT



Watch Video

Slow down so
God can
change you
from the
inside
out.

● YELLOW LIGHT LESSON

Lasting change doesn't happen by trying harder to change behavior, but by staying connected to Jesus so He can transform us from the inside out.

YELLOW LIGHT PRAYER

Before we focus on external change, let's ask God to do what only He can do: change us from the inside out. *(Based on Psalm 51)*

God,
Create in me a clean heart.
Renew a loyal spirit within me.
I do not want to just manage my behavior.
I want You to change me at the level of my heart, my desires,
and my mind.
When I drift, draw me back to You.
When I feel empty, remind me that life is found in You.
Teach me to remain in Jesus,
and let Your Spirit produce new life in me.
Amen.

CHECK IN

How did your Red Light habit go this past week?

**ABIDE IN ME AS I ABIDE IN YOU.
JUST AS THE BRANCH CANNOT BEAR
FRUIT BY ITSELF UNLESS IT ABIDES
IN THE VINE, NEITHER CAN YOU
UNLESS YOU ABIDE IN ME. I AM
THE VINE, YOU ARE THE BRANCHES.
THOSE WHO ABIDE IN ME AND I IN
THEM BEAR MUCH FRUIT,
BECAUSE APART FROM ME
YOU CAN DO NOTHING.**

-John 15:4-5

PAUSE AT A **YELLOW LIGHT** DISCUSSION

1. When you hear the word “abide”, what comes to mind? What do you think Jesus means by it?
2. What are some things that cause us to become disconnected from Jesus?
3. In John 15, Jesus does not say, “Try harder.” He says, “Abide in Me.” How does that change our approach to stopping and starting new habits?
4. If we want our lives to look different on the outside, we need to start with what’s shaping us inside. What happens when we focus on external change without addressing the inside?
5. How does Jesus transform us internally, influencing our beliefs, desires, and character?
6. When you think about your Red Light habit from last week, how might abiding in Jesus transform you more than willpower alone?
7. How do we “abide” in Jesus? What does it practically look like to stay connected to Jesus in real life?

You will select one Yellow Light habit that helps you abide in Jesus. Use the interactive activities on pages 19-21 to help you determine what that habit will be.

PROCEED WITH CAUTION

*"Just as a branch cannot bear fruit by itself unless it abides in the vine, so you cannot bear fruit unless you abide in Me.
-John 15:4*

What is pulling you away from or disconnecting you from Jesus?

Be honest with yourself. Mark all statements that resonate with you.

- I stay so busy that I do not make space for Jesus.
- I distract myself instead of paying attention to Jesus.
- I chase people's approval more than I seek Jesus' approval.
- I resist admitting how much I need Jesus.
- I live so tired that I have little left for Jesus.
- I let shame keep me distant from Jesus.
- I perform for Jesus instead of relating to Him.
- I look to other things to give me what only Jesus can.
- My life is so noisy that I can't hear Jesus.

Which of these statements feels most true in my life right now?

HIT THE BRAKES

For many people, yellow lights mean hit the gas to get through the intersection. But lasting change doesn't happen by rushing to get there as fast as possible. It happens when we slow down long enough to let Jesus change us from the inside out. Before we speed up, let's hit the brakes and slow down to connect deeply with Jesus.


Read John 15:7-11 aloud three times slowly.

If you abide in Me, and My words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become My disciples. As the Father has loved Me, so I have loved you; abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. I have said these things to you so that My joy may be in you, and that your joy may be complete.

First Reading: Simply listen to the passage.

Second Reading: Share one phrase that stands out to you and why.

Third Reading: What is God speaking to you through this passage today?

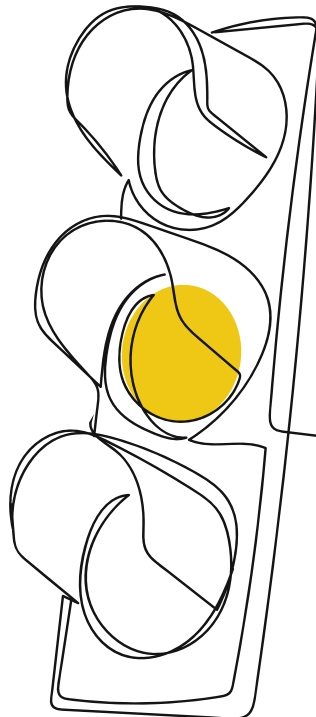


YELLOW LIGHT HABIT

*Those who abide in Me and I in them bear much fruit
-John 15:5*

The goal of a Yellow Light habit is not to add more pressure, but to build small moments of connection with Jesus into the places you already live. Reflect on the statements you marked on page 19 as you decide on your habit. Choose a simple, realistic, and repeatable one that you could introduce into your routine this week. Use the Yellow Light Appendix on page 40 for suggestions or choose your own.

Turn to page 37 and write it in the Yellow section of the Habit Tracker. Share the Yellow Light habit you have selected with your House Church or a friend as you are comfortable.



YELLOW LIGHT NEXT STEPS

Brainstorm together, or reflect on your own, about the next steps you will take as you begin your Yellow Light habit.

Accountability: Who will hold you accountable and how?

Expect Resistance: What might distract or derail you?

Progress not Perfection: How will you respond to missed days?

Relationship over Rule: How will you make this about being with Jesus, not just checking a box?

My next step to being successful with this new habit:

PRAYING AT A **YELLOW LIGHT**

Pair up with someone in your House Church or a friend. Share your Yellow Light habits and pray for each other to make progress this week. If you are going through this study guide as an individual, write a short prayer for yourself.

PRAYER REQUESTS



YELLOW LIGHT REFLECTIONS

Lasting change starts inside. Over the next week, spend time with God going through the three Yellow Light Reflections and invite Him to change you from the inside out.

Yellow Light Reflection #1: The Connection Timeline

Some moments help you remain with Jesus. Others make it easy to drift. On the timeline below, write out your typical day.

Use these symbols to reflect on your timeline:

+ = I usually feel connected to Jesus here

- = I usually drift here

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	

Where do you most naturally remain in Jesus and why?

Where do you most often drift and why?

Yellow Light Reflection #2: Heart, Mind, and Soul

Jesus is not just interested in changing what we do, but who we are. Reflect on how He is shaping your heart, mind, and soul.



How is Jesus shaping your desires, affections, or what you want most?



How is Jesus renewing your thoughts, beliefs, or the way you see yourself, others, and God?



How is Jesus drawing you closer to Himself?

Yellow Light Reflection #3: Tell God About It

Write a prayer to God about your desire to abide in Him.

Tell God:

- *Where you have been feeling disconnected*
- *What keeps pulling your heart away*
- *What fruit you want Him to grow in you*
- *What lie or fear you need Him to replace*
- *What Yellow Light habit you want His help to practice*
- *How you want Him to meet you this week*

GREEN LIGHT



Watch Video

Start the practices that make you more like Jesus

● GREEN LIGHT LESSON

We do not become more like Jesus by accident. We become more like Him by introducing small, intentional habits that change us over time.

GREEN LIGHT PRAYER

Before we think about what habits to start, let's ask God to lead us in the way of Jesus. Pray this prayer as a group or individually. *(Based on Psalm 119)*

God,
*Teach me Your ways, and help me walk in them.
Turn my eyes away from things that distract me, and fix them on Jesus.
Give me a willing heart, a steady spirit, and a desire to become more like Your Son.
Start something new in me.
Help me not just admire Jesus, but follow Him in the way I live.
Amen.*

CHECK IN

How have your Red and Yellow Light habits been going so far? What has been going well? What has been difficult?

DON'T YOU REALIZE THAT IN A RACE EVERYONE RUNS, BUT ONLY ONE PERSON GETS THE PRIZE? SO RUN TO WIN! ALL ATHLETES ARE DISCIPLINED IN THEIR TRAINING. THEY DO IT TO WIN A PRIZE THAT WILL FADE AWAY, BUT WE DO IT FOR AN ETERNAL PRIZE. SO I RUN WITH PURPOSE IN EVERY STEP. I AM NOT JUST SHADOWBOXING.

-1 Corinthians 9:-24-26

MOVING FORWARD AT A GREEN LIGHT DISCUSSION

1. What is one habit you currently practice consistently that you are proud of? What helps you be successful?
2. What tends to get in the way when you try to start a new habit?
3. In 1 Corinthians 9, Paul compares spiritual growth to athletic training. How are the two processes similar?
4. What is the difference between **trying** to change and **training** to change?
5. Paul says, “I run with purpose in every step.” He is intentional about every habit, even the small ones. How can we do this in our own lives?
6. Paul says he’s not shadowboxing. He is saying, “I’m not just swinging at the air, hoping something changes. I’m training in a way that actually transforms me.” Which habits have you found actually transformed you over time? How so?
7. How can we practice new habits without slipping into performance, pressure, or trying to earn God’s approval?

You will select one Green Light habit that helps you become more like Jesus. Use the interactive activities on pages 29-32 to help you determine what that habit will be.

IDENTIFYING GREEN LIGHTS

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

-1 Corinthians 9:25

Green Light is about more than adding a few good habits. It is about beginning practices that help form the character of Jesus in us. Mark the characteristics of Jesus that you want to develop more in your life. Be honest with yourself. Circle all statements that resonate with you.

Humble:

I do not have to prove myself.

Compassionate:

I want to care when others are hurting.

Loving:

I want love to shape how I treat people.

Gentle:

I want to respond softly, not harshly.

Present:

I want to pay attention to the people in front of me.

Peaceful:

I want to live with a calm heart.

Wise:

I want to choose what is right, not just what is easy.

Generous:

I want to give freely, not hold tightly.

Joyful:

I want to live from God's goodness, not just my circumstances.

Patient:

I want to slow down enough to love people well.

Courageous:

I want to obey God even when it costs me something.

Servant-hearted:

I want to look for ways to serve, not be served.

Encouraging:

I want my words to give life.

Faithful:

I want to stay steady over time.

Self-controlled:

I want my choices to lead my life, not my cravings.

Kind:

I want to be warm, thoughtful, and gracious.

Forgiving:

I want to release instead of seek revenge.

Grateful:

I want to focus on what is good and given.

*We want to be all of these things. But when we try to change everything at once, we often end up changing nothing, so **choose one** Green Light characteristic of Jesus that you'll start and focus on first.*

MAPS BEFORE MOVING

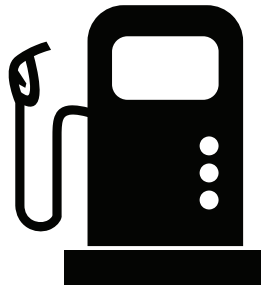
*So I run with purpose in every step. I am not just shadowboxing.
-1 Corinthians 9:26*

It is hard to reach a new destination if you have no plan for how to get there. In the same way, if you want Jesus to grow something new in you, it helps to map out the road ahead. Before you move forward, take time to map out where you want to go and what it will take to get there. Write in your Green Light Destination, and then fill out the rest of the map.



Starting Point:

Where am I now?



Gas Station:

How will the Holy Spirit fuel you on this journey?

Roadblocks:

What tends to stop me from growing here?



Mile Marker:

How will I know I'm making progress?



Caravan:

Who demonstrates this characteristic and can guide me?

Speed Limit:

What's a realistic timeline for this?

Green Light Destination:

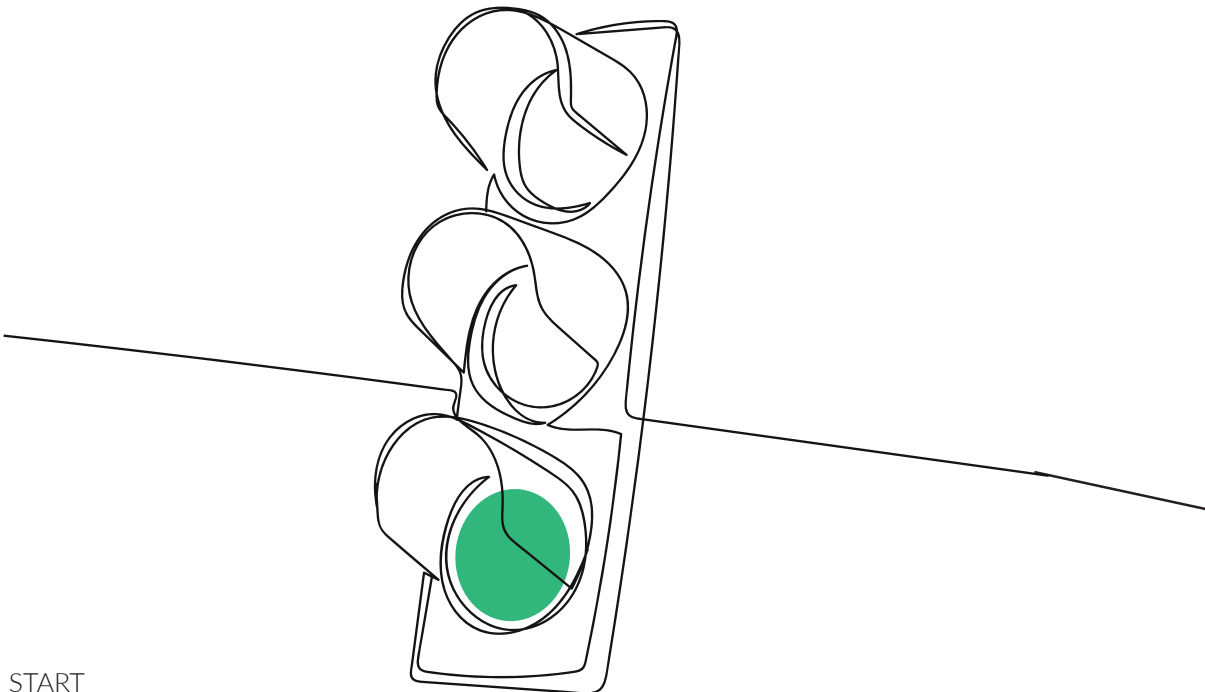
Characteristic of Jesus

GREEN LIGHT HABIT

I discipline my body like an athlete, training it to do what it should.
-1 Corinthians 9:27

We become more like Jesus not by trying, but by training with habits that make us like Him. Choose a Green Light habit that helps you grow in the Jesus-like characteristic you selected on page 29. Pick something simple, realistic, and repeatable. Use the Green Light Appendix on pages 42-43 for ideas or create your own.

Turn to page 37 and write it in the Green section of the habit tracker. Share the Green Light habit you have selected with your House Church or a friend as you are comfortable.



GREEN LIGHT NEXT STEPS

Brainstorm together, or reflect on your own, about the next steps you will take as you begin your Green Light habit.

Accountability: Who will hold you accountable and how?

Expect Resistance: What might distract or derail you?

Progress not Perfection: How will you respond to missed days?

Holy Spirit Helper: How can the Holy Spirit help you make this change?

My next step to being successful with this new habit:

Add any additional Next Step habits you'd like to track to your habit tracker. Although this is the end of our study, continue to use the habit tracker to monitor your progress.

PRAYING AT A GREEN LIGHT

Pair up with someone in your House Church or a friend. Share your Green Light habits and pray for each other to make progress this week. If you are going through this study guide as an individual, write a short prayer for yourself.

PRAYER REQUESTS



GREEN LIGHT REFLECTIONS

Transformation rarely happens in one big moment, but through small, consistent habits. Over the next week, spend time with God going through the three Green Light Reflections and invite Him to shape your character.

Green Light Reflection #1: Exploring Intersections

As Jesus grows something new in us, it does not stay in just one part of life. It shows up at home, at work, in our relationships, and in our walk with God. Write your Green Light characteristic in the center of the intersection, then reflect on how growing in that trait would impact the other areas of your life.

Marriage/Family

Work/School

Friendships

Relationship with God

Green Light Reflection #2: Mile Markers

Change rarely happens all at once. Most of the time, growth shows up in small signs that Jesus is doing something new in us. Mile markers help us notice progress before we arrive at the final destination. Think about what progress might look like in small, real-life ways.

Mile Marker 1: Awareness | How will I know I'm growing in this area?

Mile Marker 2: Small Wins | How will I celebrate small wins?

Mile Marker 3: In The Moment | How do you feel after completing your habit?

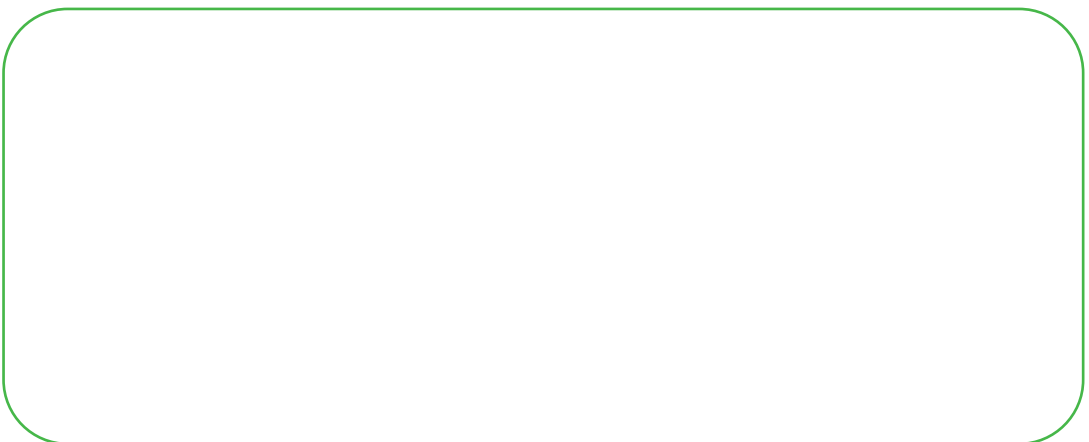
Mile Marker 4: Encouragement | What progress have I made so far, even if it's small?

Green Light Reflection #3: Tell God About It

Write a prayer to God about the kind of person you want Him to help you become.

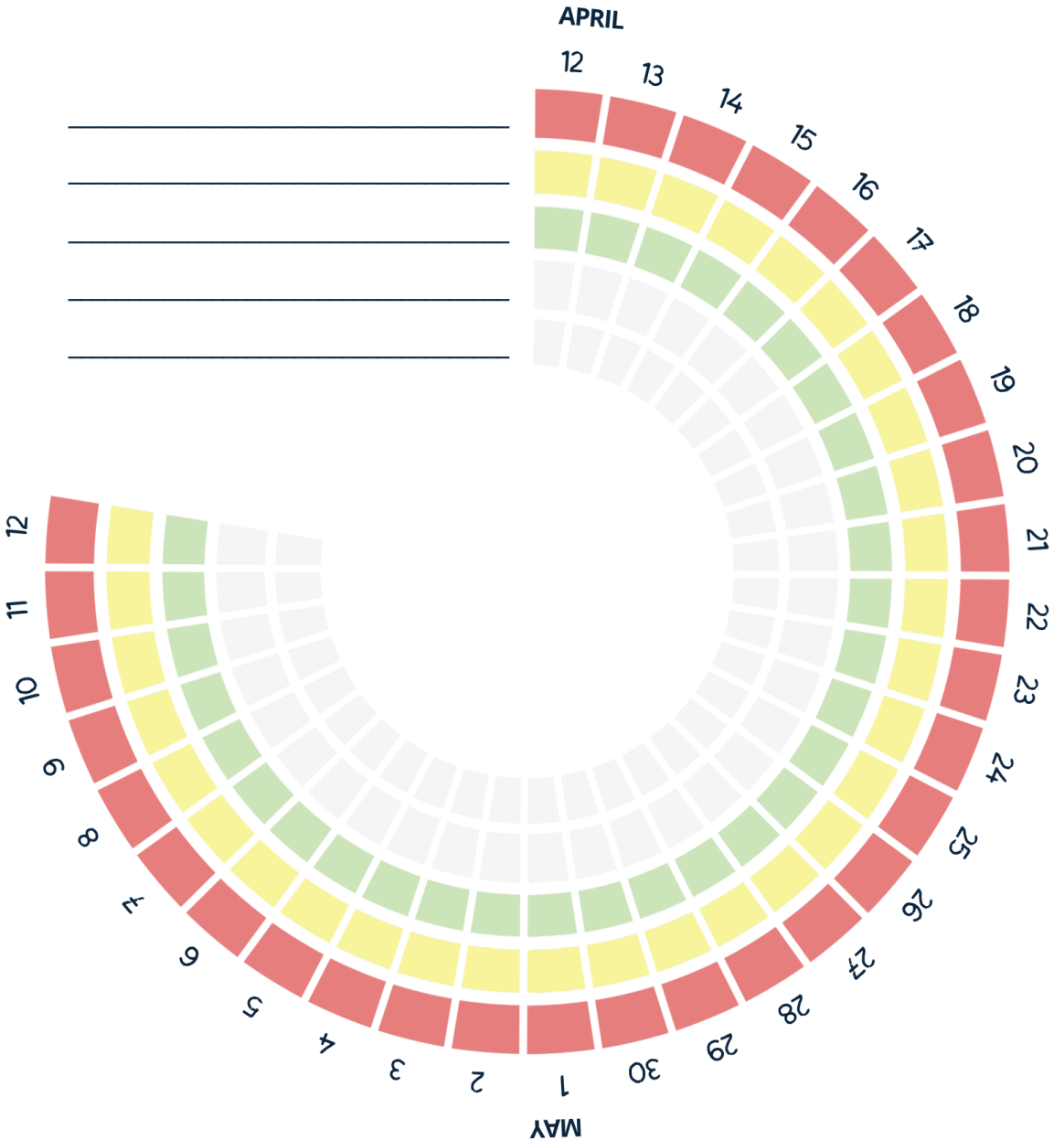
Tell God:

- *What characteristic of Jesus you want to grow in*
- *Where you need it most*
- *What keeps getting in the way*
- *What Green Light habit you are trying to practice*
- *Where you have already seen progress*
- *What help you need from Him*



HABIT TRACKER

Change does not happen overnight. What matters most is not perfection but finding a way to get back on track. Add your Red, Yellow, and Green Light habits.



RED LIGHT APPENDIX

Practical Stop / Start Ideas for Red Lights

To address this Red Light in your life, what is one habit you need to stop/start? It could be stopping an old habit that keeps your Red Light strong or starting a new practice that weakens it. Use these ideas or let them inspire you to create your own.

ANGER

- No raising your voice above an average speaking volume.
- Walk away for 10 minutes before responding in conflict.

CONTROL

- Resist the urge to correct anyone who is not doing it your way.
- When anxiety rises, write down what is yours to do and what is God's to hold.

ENVY

- Limit comparison-scroll time, especially at night.
- Thank God for three specific gifts in your own life every morning.

FIXATION ON APPEARANCE

- Unfollow social media accounts that focus on appearance or weight.
- After getting ready in the mornings, write one kind note to yourself.

GOSSIP

- Only talk about others if you are saying something kind.
- In conversations, change the subject if gossip begins.

IMPATIENCE

- Don't rush or interrupt people you think are moving too slowly.
- Use delays as a cue to pray, breathe, or reset.

INGRATITUDE

- Go the entire day without complaining.
- Write down three things you are thankful for before bed.

INSECURITY

- Limit posts on social media. If you must post, resist checking notifications.
- Start pausing before you say "yes" to something and say "Let me think about that."

JEALOUSY

- When jealousy rises, name one good thing already in your life.
- Celebrate or congratulate at least one person a day.

JUDGING OTHERS

- Stop making critical comments about people who are not present.
- After each interaction, identify one positive trait you notice in that person.

KEEPING SCORE

- Ban the phrases “I always...” or “You never...” in conflict.
- Do one act of kindness without announcing or tracking it.

LUST

- Block or remove apps, sites, or accounts that feed the pattern.
- Tell one trusted person what you are fighting.

MATERIALISM

- Stop browsing online stores and avoid viewing ads.
- Give something away this week to loosen your grip on more.

NUMBING

- No phones in bed. Charge your phone outside your bedroom.
- Set one screen-free hour each evening to be present with others.

PRODUCTIVITY ADDICTION

- Stop turning free moments into another task.
- Schedule one hour of task-free time a day.

RESENTMENT

- Stop looking for ways to make them pay.
- Pray about the hurt or broken relationship once a day.

SELF-RELIANCE

- Ban “I’m fine” or “I’m good” as responses to the question, “How are you?”
- Ask for help or prayer from someone else at least once a day.

SUBSTANCE MISUSE

- Don’t keep the pattern hidden from people who need to know. Tell them.
- Start tracking when you are tempted to use this substance and why.

WORKAHOLISM

- Stop checking email after a set evening time.
- Take one short walk or quiet pause instead of filling every gap with work.

YELLOW LIGHT APPENDIX

Practical Ideas for Yellow Lights

Choose a Yellow Light habit that helps you reconnect with Jesus in your daily life, not just at the perfect moment, but in the places where you normally drift.

IF YOU FEEL BUSY

- **Doorway Pause** — Before entering work, home, school, or a meeting, pause and pray, *Jesus, be with me here.*
- **One Minute of Arrival** — Sit in the car for one quiet minute with Jesus before getting out.
- **One Thing Less** — Skip one nonessential thing each day to make room for Jesus.
- **Pickup Line Prayer** — Use waiting time in lines, practices, or pickup to pray instead of scrolling.

IF YOU FEEL DISTRACTED

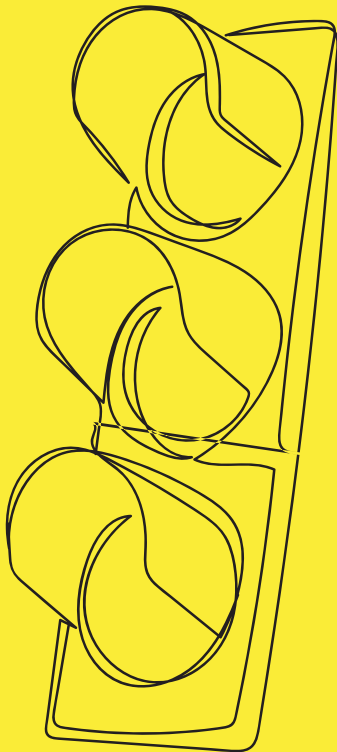
- **Phone Down, Eyes Up** — Spend your first ten minutes in the morning and last ten minutes before bed with Jesus instead of your phone.
- **A New Cue** — Every time you receive a text, call, or email notification, use that as a cue to pray for that person before responding.
- **Silent Commute** — Drive the last 5 minutes in silence with Jesus.
- **Pocket Reminder** — Carry a small object that reminds you to return your attention to Jesus.

IF YOU FEEL TIRED

- **Pouring In** — Do one thing that is fun or makes you laugh every day. Thank God for joy.
- **Last Word** — End each day with the prayer, *Jesus, hold what I can't.*
- **Slow Meal** — Eat one meal this week without multitasking, rushing, or screens, and receive it as a gift from God.
- **Sit Before You Serve** — Before starting chores, work, or helping everyone else, sit quietly with Jesus for two minutes.

IF YOU FEEL ASHAMED

- **Mercy at the Sink** — When washing your hands, pray, *Jesus, wash what is heavy in me.*
- **Read the Relief** — Read Psalm 32 once a day.
- **One Honest Sentence** — Tell Jesus one honest sentence each day about what feels heavy or hidden.
- **Unfilled Space** — Leave one short stretch of your day quiet and unfilled, just to be with Jesus.



**WE PRACTICE
SPIRITUAL HABITS
NOT TO IMPRESS
GOD, BUT TO STAY
NEAR HIM LONG
ENOUGH TO BE
CHANGED.**

GREEN LIGHT APPENDIX

Practical Ideas for Green Lights

Choose a Green Light habit that helps you practice the character of Jesus in your actual life. Use these ideas or let them inspire you to create your own.

HUMBLE

- Ask one more question before sharing your opinion.
- Admit mistakes quickly instead of explaining it away.

GENTLE

- Lower your voice on purpose when you feel irritated.
- Replace one sharp response a day with a calm one.

COMPASSIONATE

- Ask one person each day, "How are you really doing?"
- Pray for the person who is hardest for you to understand.

PRESENT

- Put your phone out of sight during all in-person conversations.
- Once a day, stop and name three things you can see, hear, or feel as a way of returning to the moment with Jesus.

LOVING

- Do one hidden act of love each day.
- Say one intentional, loving sentence to someone in your home every day.

PEACEFUL

- Begin or end the day with one minute of quiet before Jesus.
- Start your day by asking God for peace, instead of trying to create it yourself.

JOYFUL

- Thank God out loud for one good thing each day.
- Each day, slow down and fully enjoy one good thing from God, a meal, a laugh, the sun, a quiet room, a hug, without rushing past it.

WISE

- Read through Proverbs, a few verses a day.
- Identify a wise person in your life and commit to spending more time with them.

PATIENT

- Do not interrupt when someone is moving or talking slowly.

GENEROUS

- Give something away this week.
- Look for one practical way to give to someone who cannot repay you.

COURAGEOUS

- Initiate one hard but needed conversation.
- Do one small thing each day you know is right, even if it feels awkward or uncomfortable.

SERVANT-HEARTED

- Do one chore or task no one asked you to do.
- Look for one way to make someone else's day lighter.

FAITHFUL

- Keep one small promise to God each day this week.
- Choose consistency over intensity.

SELF-CONTROLLED

- Delay one impulse for ten minutes before deciding what to do.
- Put one guardrail in place around a pattern that often leads you off course.

ENCOURAGING

- Send one text, note, or word of encouragement each day.
- Tell someone what you appreciate about them in person.

KIND

- Perform a small act of kindness daily.
- Send one random kind text a day.

FORGIVING

- Every time you wash your hands, ask God to help you forgive an offense you've holding on to.
- Pray for the person who hurt you.

GRATEFUL

- Write down three gifts from God before bed.
- Thank one person each day for something specific.



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