



8 Habits For Growth

A Simple Guide to Becoming More Like Christ

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**Don't just do the right actions. Build habits—
and watch your life be transformed.**

Many books try to help you do the right actions. But the real key to life transformation—for yourself and then for others—is building habits that become part of your life. Because habits don't just dictate what you do. They reflect who you are.

In *8 Habits for Growth*, Darryl Dash wants to show you the eight long-term practices—all very doable—that will lead to permanent growth if you incorporate them into your life. You'll learn why it's important to:

- Make time
- Rest
- Read or listen to the Bible
- Pray
- Pursue worship and community in a church
- Care for your body
- Simplify your spiritual life
- Build a rule of life

Personal growth doesn't happen overnight. But it does happen, slowly, as you build God's habits into your life. So what are you waiting for? Start your new habits today and let God transform who you are . . . and who you can become.

ABOUT THE AUTHOR



DARRYL DASH is pastor of Liberty Grace Church in Toronto. He is also cofounder of Gospel for Life, and director of Advance Church Planting Institute. He has a Doctor of Ministry degree from Gordon-Conwell Theological Seminary, and has over 25 years of ministry experience. Darryl is married to Charlene, and has two adult children, Christy and Josiah. You can find Darryl online at www.DashHouse.com.

ENDORSEMENTS

A faithful life is the sum of a million daily decisions over the course of a life. This is why 8 Habits for Growth is so important. Darryl Dash clearly, biblically, and simple shares the secret to life with Jesus, the rituals and practices that form our hearts and are used by the Spirit to sanctify us into spiritual maturity. Pastoral, wise and practical, this will be a book every pastor will need to have at ready to give to their people and a book every family should have in order to form habits for spiritual growth.

DANIEL DARLING, Senior VP, NRB and bestselling author of several books, including *The Dignity Revolution*, *The Characters of Christmas*, and *A Way with Words*.

As one writer has said, beautiful people do not just happen. Becoming the best version of ourselves—whether it be professionally, relationally, personally, or otherwise—requires a commitment to practices that get us there. To flourish optimally as people of God, we also must habituate several soul-nourishing practices. For those who need a field guide for this pursuit, Daryl has written a fabulous field guide.

SCOTT SAULS, senior pastor of Christ Presbyterian Church in Nashville, TN, and author of *Jesus Outside the Lines* and *a Gentle Answer*

SUGGESTED INTERVIEW QUESTIONS



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1. What's the story behind this book?
2. Why are habits so important for living the Christian life?
3. Why should pastors and church leaders help people build these habits?
4. Why are small, consistent habits so important?
5. Why did you choose the 8 habits you mention in the book?
6. I didn't expect you to choose rest as one of your earlier habits. Why did you pick that one?
7. I'm also surprised that you include caring for your body. Why did you include that habit?
8. Okay, so what if I'm not good at habits?
9. Can you explain what you mean by building a rule of life?
10. What is your hope for the book?