

Reading and Meditating on the Bible Every Day

Message 1 of 5 in the series: "Holy Habits"

A. When we surrender our lives to Jesus, we have been born again, become new creations, and have been adopted into God's family to be His very own children.

"Very truly I tell you, no one can see the kingdom of God unless they are **born again**." John 3:3 (NIV)

"Therefore, **if anyone is in Christ, he is a new creation**; old things have passed away; behold, all things have become new." 2 Corinthians 5:17 (NKJV)

"Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. **God decided in advance to adopt us into his own family** by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure." Ephesians 1:4-5 (NLT)

B. God expects His children to grow and mature spiritually, becoming a little more like Jesus every day.

"So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. **So you must live as God's obedient children**. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But **now you must be holy in everything you do, just as God who chose you is holy**. For the Scriptures say, 'You must be holy because I am holy.'" 1 Peter 1:13-16 (NLT)

"...for you have stripped off your old sinful nature and all its wicked deeds. **Put on your new nature, and be renewed as you learn to know your Creator and become like him**." Colossians 3:9b-10 (NLT)

C. Spiritual disciplines are regularly repeated practices (holy habits) that help us grow in Christian character and deepen our personal relationship with the Lord.

1. Daniel had holy habits. "But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. **He prayed three times a day, just as he had always done, giving thanks to his God**." Daniel 6:10 (NLT)
2. King David had holy habits. "I have **hidden your word in my heart**, that I might not sin against you. I praise you, O Lord; teach me your decrees. **I have recited aloud** all the regulations you have given us. I have rejoiced in your laws as much as in riches. **I will study your commandments and reflect on your ways**. I will delight in your decrees and not forget your word." Psalm 119:11-16 (NLT)

D. The first holy habit we should develop is reading and meditating on the Bible every day.

1. God's Word is powerful and life changing.

"For **the word of God is alive and powerful**. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires."

Hebrews 4:12 (NLT)

"So get rid of all the filth and evil in your lives, and **humbly accept the word God has planted in your hearts, for it has the power to save your souls**." James 1:21 (NLT)

"Don't copy the behavior and customs of this world, but **let God transform you into a new person by changing the way you think**. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2 (NLT)

2. God's Word is trustworthy and true.

"Make them holy by your truth; teach them **your word, which is truth**." John 17:17 (NLT)

"The instructions of the Lord are perfect, reviving the soul. **The decrees of the Lord are trustworthy**, making wise the simple." Psalm 19:7 (NLT)

"Jesus said to the people who believed in him, 'You are truly my disciples **if you remain faithful to my teachings. And you will know the truth, and the truth will set you free**.'" John 8:31-32 (NLT)

3. God's Word is our guide in all matters of faith and practice.

"**Your word is a lamp to guide my feet** and a light for my path." Psalm 119:105 (NLT)

"Show me the right path, O Lord; point out the road for me to follow. **Lead me by your truth** and teach me, for you are the God who saves me. All day long I put my hope in you." Psalm 25:4-5 (NLT)

4. God's Word prepares and equips us to live Godly lives.

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. **God uses it to prepare and equip his people to do every good work.**" 2 Timothy 3:16-17 (NLT)

E. Five things we can do to develop the holy habit of reading and meditating on the Bible every day:

1. We can find and begin a Bible reading plan.

"So **I run with purpose in every step**. I am not just shadowboxing." 1 Corinthians 9:26 (NLT)

2. We can schedule a time and place to meet with God every day.

"Very **early in the morning**, while it was still dark, Jesus got up, left the house and **went off to a solitary place, where he prayed.**" Mark 1:35 (NIV)

3. We can spend a few minutes reflecting on what we've read and ask God to help us apply His Word to our lives.

"**But don't just listen to God's word. You must do what it says.** Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and **if you do what it says and don't forget what you heard, then God will bless you for doing it.**" James 1:22-25 (NLT)

4. We can write down what God reveals to us so we can meditate on it again and again.

"And the one sitting on the throne said, 'Look, I am making everything new!' And then he said to me, '**Write this down**, for what I tell you is trustworthy and true.'" Revelation 21:5 (NLT)

5. We can ask a fellow believer to join us so we can encourage each other and hold each other accountable.

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." Hebrews 10:24-25 (NIV)

GOOD NEWS! God will empower us to develop holy habits. "So we keep on praying for you, asking our God to enable you to live a life worthy of his call. **May he give you the power to accomplish all the good things your faith prompts you to do.**" 2 Thessalonians 1:11 (NLT)

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control.**" Galatians 5:22-23a (NLT)

John Schmidt • 07-19-26 • john@centeringlives.com

Connect Group Questions:

1. Discuss Centerpoint's belief statement about the Bible. "The sole basis for our belief is the Bible – the 66 books of the Old and New Testaments. It is God's word to all people in all times. The entire Bible is uniquely God-breathed, without error, and the final authority on all matters of faith and practice." How important is this?
2. Read 1 Peter 1:13-16 and Colossians 3:9-10. How do we grow and mature in holiness? What's God's part in this? What's ours? How can we help each other?
3. The Bible says that through a personal relationship with Christ we are new creations and have been adopted into God's family. So, why do you think we sometimes live as though we need to figure out life on our own and we're reluctant to let go of the past? (John 3:3, 2 Corinthians 5:17, Ephesians 1:4-5)

4. Discuss the following reasons why reading and meditating on the Bible is the first holy habit we should develop:
 - God's Word is powerful and life changing. (Hebrews 4:12, James 1:21, Romans 12:2)
 - God's Word is trustworthy and true. (John 8:31-32 & 17:17, Psalm 19:7)
 - God's Word is our guide in all matters of faith and practice. (Psalm 25:4-5 & 119:105)
 - God's Word prepares and equips us to live Godly lives. (2 Timothy 3:16-17)
5. Discuss the following things we can do to develop the holy habit of reading and meditating on the Bible every day:
 - We can find and begin a Bible reading plan. (1 Corinthians 9:26)
 - We can schedule a time and place to meet with God every day. (Mark 1:35)
 - We can spend a few minutes reflecting on what we've read and ask God to help us apply His Word to our lives. (James 1:22-25)
 - We can write down what God reveals to us so we can meditate on it again and again. (Revelation 21:5)
 - We can ask a fellow believer to join us so we can encourage each other and hold each other accountable. (Hebrews 10:24-25)
6. Do you have a daily Bible reading plan? If so, how has it helped you grow and mature spiritually? If not, please use the QR code below to get started.

