



## Developing a Consistent Rhythm of Engaging Scripture

Todd Arnett

May 30th and 31st, 2026

### 1. There's VALUE in developing the rhythm of engaging Scripture.

*Psalm 1:1-3*

Think of a BIOGRAPHY that is available about someone that you've always wanted to know and understand – Scripture is that book regarding ALMIGHTY GOD.

*Deuteronomy 29:29*



HIGHDESERTCHURCH



HIGHDESERTCHURCH.COM

It's what the Protestant Reformation fought for – to get God's Word into your OWN hands in your OWN language – so that you could experience God for yourself, not MEDIATED through another.

*Joshua 1:8, Psalm 119:144, Acts 17:11, Colossians 3:16,  
2 Timothy 3:16-17*

**2. There's a METHOD to developing the rhythm of engaging Scripture.**

*Psalm 119:32, 1 Corinthians 9:24-26*

That's why one of the most essential aspects of developing the rhythm of engaging Scripture is your "WHY?"



# The Four Laws of Behavior Change

## 1. Make It OBVIOUS

- **Environment Design:** Place your physical Bible where you will see it immediately—on your pillow, at the kitchen table, or next to your coffee maker.
- **Implementation Intentions:** Use a specific plan: "I will read my Bible for [Time] in [Location]" (e.g., "I will read for 5 minutes at 6:30 AM at my desk").

## 2. Make It ATTRACTIVE

- **Temptation Bundling:** Pair reading with something you already enjoy, like a favorite warm drink or a specific comfortable chair.
- **Join a Community:** Surround yourself with people for whom Bible reading is the norm. Join a small group or a reading plan with friends to make the habit more appealing through social connection.

## 3. Make It EASY

- **The 2-Minute Rule:** When starting, commit to reading for only two minutes. The goal is to establish the habit of "showing up" before you worry about the depth or length of study.
- **Reduce Friction:** Have a plan ready. Don't waste time deciding what to read; use a reading app or a printed plan so you can start immediately.

## 4. Make It SATISFYING

- **Habit Tracking:** Use a calendar or an app to check off each day you read. Seeing a visual "streak" provides immediate satisfaction and reinforces your progress.



Text **Resources** to **64567**

Text **Rooted** to **64567**

3. There are FIRST STEPS toward developing the rhythm of engaging Scripture.

*Psalm 119:97*

Text **Bible** to **64567**



HIGHDESERTCHURCH



HIGHDESERTCHURCH.COM