

# HABITS

SPIRITUAL DISCIPLINES TO HELP US PURSUE CHRIST IN THE NEW YEAR



### Introduction:

- Please turn in your Bibles to **2 Timothy 3** (page 996 in the pew Bibles).
- God has a goal for us in 2019 – He wants us to be more like Christ.
- *“For those whom he foreknew he also predestined to be conformed to the image of his Son...” (Romans 8:29).*
- Becoming more like Christ won’t happen on accident. But it must happen, and it is possible.
- This month we’re talking about Habits (spiritual disciplines) to help us pursue Christ. The first of these is **Studying Scripture**.
- Establishing new habits can be hard.
- Habits are \_\_\_\_\_ patterns of behavior acquired through \_\_\_\_\_ repetition.

Scripture \_\_\_\_\_ us for daily life. (2 Timothy 3:16-17)

- Scripture is \_\_\_\_\_ (inspired).
- Scripture is good for:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_ in righteousness
- The result: we become \_\_\_\_\_!

Habit #1: \_\_\_\_\_ the Bible.

- According to LifeWay Research: *“Americans Are Fond of the Bible, Don’t Actually Read It”* (<https://goo.gl/WHKzzE>)
  - 87% of American households own a Bible, with the average household having 3.
  - 49% (less than half) of worship attenders read the Bible daily.
  - The only time most Americans hear from the Bible is when someone else is reading it.

### Bible Resources:

- An easy to read Bible or Study Bible
- **YouVersion Bible App (www.bible.com)**  
Free and available for devices in both the Android and iTunes app stores.
- **RightNow Media (www.rightnowmedia.org)**  
If you don’t have an account you can request a one by emailing [info@phbaptist.org](mailto:info@phbaptist.org)
- **Audio Bibles**
- **Bible Reading Plans**
  - YouVersion Bible App
  - [www.bible.com/reading-plans/](http://www.bible.com/reading-plans/)
  - Plans available on the Literature Shelf

Habit Challenge #1: \_\_\_\_\_ regularly read the Bible.