

## Good and Bad Habits - Reading the Bible

### Discussion questions

What patterns or habits do you have (or aspire to) for reading the Bible?

Share about a time when you have experienced one of these benefits of reading the Bible:

- ☐ Encouragement - *I weep with sorrow; encourage me by your word.* Ps 119:28
- ☐ Understanding and wisdom - *Give me understanding and I will obey your instructions; I will put them into practice with all my heart.* Ps 119:34
- ☐ Happiness - *Make me walk along the path of your commands, for that is where my happiness is found.* Ps 119:35
- ☐ Renewed life - *I long to obey your commandments! Renew my life with your goodness.* Ps 119:40
- ☐ Hope - *Do not snatch your word of truth from me, for your regulations are my only hope.* Ps 119: 43
- ☐ Freedom - *I will walk in freedom, for I have devoted myself to your commandments.* Ps 119: 45
- ☐ Comfort - *Your promise revives me; it comforts me in all my troubles.* Ps 119:50
- ☐ Direction - *Your word is a lamp to guide my feet.* Ps 119:105

What helps you to remember God's Word? This might be memorising verses, remembering where to find certain passages, or remembering what the Bible says about different topics.

Can you think of a time when you struggled to understand something you read in the Bible? How did you gain understanding?

What gets in the way of you forming good habits for reading the Bible, remembering, reflecting on or applying what you have learnt?

What strategies will you use to form good habits for reading the Bible?

- ☐ Listen to an audio Bible while driving.
- ☐ Set aside a particular time each day for reading the Bible.
- ☐ Participate in a regular Bible study group.
- ☐ Read the same passage of Scripture every day for a week.
- ☐ Repeat a key verse until you have memorised it.
- ☐ Write a verse on a post-it note and put it somewhere you will see and read it regularly.
- ☐ Reflect and ask the Holy Spirit to give you understanding.
- ☐ Discuss with other Christians.
- ☐ Use notes in a Study Bible, commentary, or other reference book.
- ☐ Listen to sermons and podcasts.
- ☐ After reading or hearing Scripture, ask the question, "what difference will this make to how I live?"
- ☐ Keep a journal noting the changes you will make based on Scripture.
- ☐ Revisit your journal regularly to check your progress.

# GOOD HABITS



- ☐ Ask someone else to help keep you accountable for a change in your behaviour or attitude

How could you encourage and support someone else to form good habits for reading the Bible?