

DAILY BIBLE READING (II)

How To Make It A Habit

INTRODUCTION

- A. In previous lesson, everyone was encouraged to make daily Bible reading a habit 1Tim 4:13, Eph 3:4
 - 1. Emphasized value of the Word of God to: Save and Comfort Us
 - 2. Stressed creatures of habit & time and either have a habit of reading or not. If we have gotten in the habit of not reading, our time on earth will end without our ever having read God's Word as we should
- B. Suggestions for making daily Bible reading a habit

DISCUSSION:

I. "POSITIVE ADDICTION" TO DAILY BIBLE READING

- A. Hearing word addiction, we think negative addictions
 - 1. Just another word for bad habits like smoking, swearing, drinking, or gambling. When something bad for us becomes "second nature" and we do it without much effort or thought
 - 2. We become dependent on it, either emotionally or physically and when we try to do without it, we experience various degrees of discomfort
- B. Positive addiction is becoming dependent on a good habit
 - 1. Exercise can become positive addiction. Making exercise pleasurable & frequent experience soon become "addicted". So going a few days without exercise, feel uneasy, depressed, irritable. But going without exercise long enough, discomfort will eventually pass
 - 2. Positive addiction is habit good for you, physically, mentally, or spiritually. A source of pleasure and satisfaction. Neglected it gives "withdrawal pains"
- C. Why is a "positive addiction" to daily bible reading necessary?
 - 1. Helps maintain practice of reading Bible Psa 1:2
 - 2. If a few days go by without reading the Bible, the "discomfort" helps motivate to get "back on track"
 - 3. Most who have tried to read the Bible daily and did not keep it up, are people who never experienced a positive addiction to reading God's Word
 - a. Rather than pleasurable, it was a chore
 - b. So, when they fell behind in their goals, there was little motivation to catch up

II. HOW TO CREATE A "POSITIVE ADDICTION" TO DAILY BIBLE READING

- A. Principles same for creating any positive addiction. Make the experience a pleasurable one. Psa 119:16
 - 1. Reason people fail to "exercise": go about it wrong way, daily workouts painful and miserable. Any excuse not to exercise prevents keeping it up
 - 2. Same applies to reading Bible. Try to do too much too soon, the experience becomes little more than "marking a checklist" Note Psa 119:162
- B. Start slow, with small goals. Many start reading Bible in one year and never make it past Exodus or Leviticus (journey of 1000 miles begins with one step)
 - 1. Before Bible reading becomes positive addiction, they run into difficult passages, like beginning joggers who try to run a mile the first time out quit
 - 2. Start with making New Testament a yearly goal
 - a. This requires no more than a chapter a day
 - b. Material is easier, more edifying at the outset
 - 3. After reading N. T. in a year a couple of times, try reading through Old Testament one year. Then begin reading through the entire Bible each year
- C. Begin each session with prayer: like Psa 119:18 - puts us in most receptive frame of mind Jas 1:21
- D. Read slowly, carefully - helps prevent reading without comprehension Psa 1:1-2; 119:15-16 - Reading out loud, like you were reading to someone else, can help
- E. Use bible study aids: Bible dictionary, and Bible maps
 - 1. Don't "pass over", words don't understand, names don't know; places unfamiliar to you
 - 2. Every time you do, there's that much more of Bible you don't understand, and you get nothing out of it
- F. Discuss reading with others Psa 119:13; 2Tim 2:24
 - 1. Encourage others to follow same reading program
 - 2. Share discoveries, passages that encourage you
- G. Read with intention to do, or you're wasting time! Jas 1:22-25 - joy comes in application of God's Word
- H. End session with prayer - Like Psa 119:5-6; 10-11

CONCLUSION

- A. By following these suggestions, the practice of reading the Bible becomes one of great joy Psa 119:162
- B. Done regularly, a "positive addiction" for Bible reading develops and helps keep up this wonderful habit
- C. Hopefully, some have been encouraged to begin and to continue if they are, and try again if they tried and failed.
- D. So much to gain, and so much to lose! Psa 119:104,105