



MESSAGE REVIEW

When experts study habit formation, we learn that not all habits are equally beneficial. Some habits are known as keystone habits – a habit that ends up improving every other area of our lives. Repeated studies and life experience show what the single greatest instigator for spiritual growth is Bible engagement. God’s Word gives us light for our path and transforms us from the inside out if we allow it to do its work in and through us.

WARM UP QUESTION

What do you like to read the most: fiction or non-fiction? What’s the best book you’ve ever read?

1 **Read Daniel 6:10.** What words of this verse indicate that Daniel has some regular habits? What stands out to you about his prayer in the midst of really bad news?

2 What has been your experience with daily spiritual disciplines, especially the habit of reading and engaging with your Bible? What difference would it make if you viewed daily Bible reading more as deposits into a savings account, shaping your character, and preparing you for moments of darkness or crisis as it did for Daniel?

3 **Read Deuteronomy 6:6-8.** What observations do you make about the when, how, and where God instructs His people in the keeping of His commands? How can you make the habit of Bible reading clear (i.e., setting a time and location)? What visual help do you need (removing distracting apps, writing a note somewhere, etc.)?

4 **Read Matthew 11:30.** Do you need to make any habits more simple? What are some times in your life when you’ve failed to develop a habit simply because you made it too complicated?

5 **Read 1 Timothy 4:7-8 and Proverbs 13:20.** What does it mean to become godly and how does someone attain that? Do you have people in your life who will hold you accountable to grow in godliness? Who is holding you back and how might that relationship need to change?

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at tpcc.org/dbr. Use your group chat to check in on thoughts about these throughout the week!