

Developing a Healthy Habit of Bible Reading for 2022

By Pastor Kevin Lewis on December 26, 2021

1. Identify the Negative Emotion that you feel when you do not read the Bible.

I feel:

2. Identify the positive reward that you get when you don't read the Bible.

This may seem backwards, but when you don't read your bible you are getting something: more time, more sleep, another video...

I receive:

3. Eliminate the Bad Pattern by establishing a new goal.

I will:

4. Establish a new pattern and a new reward for Bible Reading

My reward:

Complete these Sentences

To start a healthy habit of Bible reading.

I will stop feeling _____ (*negative emotion*) and

I will stop receiving _____ (*reward for not reading*).

I will start by having a plan to read my bible regularly at _____ (*time*)

at _____ (*location*) _____ (*times per week*).

I will use _____ (*reading plan or app*)

My reward for the bad habit of not reading my bible is _____

and it will be replaced with a healthy reward for reading my Bible which is

_____.

In order to achieve this goal I will tell _____ that I am

doing this and check in with them _____ (*time and*

frequency)