

8 Steps to Develop a Habit in God's Word

Jesus calls us to follow Him and be transformed by His life and Kingdom message. We can only learn from Jesus and pick His values as we spend time in His Word - reading, studying, memorizing, journaling, praying, etc.

Here are eight simple and practical ways to start a habit that will change your life!

1. *Get a good night's sleep* – Turn off the TV and your computer, get off your phone, or put down that book, and go to bed at a decent hour! A rested person will be more alert the next morning and better able to hear God speak through His Word.
2. *Choose to get up* – When the alarm goes off in the morning, DO NOT hit snooze!
3. *Pick a regular spot and time* – Find a comfortable, quiet place, preferably not your bed! Choose the best time of day for you to read and pray. Try to be consistent. Have a pen, highlighter, and notepad or journal on hand to write down any prayer concerns, questions, thoughts, summaries of the passage, etc.
4. *Read the actual Bible* – Devotionals need to be supplemental, not fundamental! Don't let time in the Word be *replaced* by devotional reading. To gain some momentum, start reading through the short books of the Bible.
5. *Just download the files* – The Bible is the software you need to download on your hard drive, which is your mind. Don't quit because you don't understand everything in the download. The Holy Spirit, Who is your operating system, knows what to do with the Word of God even if you don't yet! Also, there's a time for studying, but you have to read first. Bottom line: don't get stuck, just keep moving!
6. *Make your time enjoyable* – Jesus wants to spend time with you, and He wants you to *want* to spend time with Him, so enjoy your date! Read the Word with your favorite coffee, in your favorite chair, in your favorite part of the house, etc. You get the point.
7. *Avoid the "tyranny of the urgent"* – Have a separate pad of paper available to write down random thoughts and tasks that pop into your mind. Thank Satan for the reminder and tell him that you'll take care of all the things he suggests just as soon as you're done spending time with Jesus!
8. *Get accountability* – Meet with someone weekly or bi-weekly to share what you're both getting out of your quiet times. Remember to pray for each other!