

HOLY HABITS

SCRIPTURE

Psalm 1

BUILDING A HABIT OF SCRIPTURE

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither — whatever they do prospers.”

Psalm 1:1-3

GUARD against ungodly spiritual influences.

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23

Sunday dinner isn’t enough—build a **MEAL** plan for your soul.

“I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises.”

Psalm 119:147-148

FOUR FOOD GROUPS FOR YOUR SOUL

1. READ
2. STUDY
3. MEDITATE
4. MEMORIZE

LECTIO DIVINA

1. **READ** – Read through the passage slowly. Pause, think and pray.
2. **NOTICE** – Read it again. What word, phrase, or theme is standing out to you?
3. **RELECT** – Read it a third time. What are you feeling, sensing or picturing as you sit with the passage?
4. **RESPOND** – Read it a final time. Ask, what is God inviting me to do or receive?

POTENTIAL APPLICATIONS

- Find a Bible Reading Plan.
- Attend the *How to Study the Bible* workshop.
- Watch the video *Meditation* OR try *Lectio Divina*.
- Download memorization cards.

