
Building a lifetime habit of daily prayer and Bible reading

A GROUP EXPERIENCE

One of the most life-changing disciplines you will ever develop is the discipline of spending daily time *reading scripture and reflecting on it*. To put such a habit in place in your life, you need to have a stretch of about a month where you do this daily. If you are new to the Christian disciplines, this may not be built into your daily structure yet. Now is the time to cement this important foundation. To insure success in this endeavor, it will help to have someone who holds you accountable, who checks up on you and encourages you. That's the job of your small group.

For the next four weeks you will read through the book of Philippians on a daily basis and record your thoughts daily. This can be a quiet time of ten minutes—or more, if you are inclined. The consistency of reading and reflecting every day is more important than how much time you devote to it.

You will meet at your regularly scheduled group time for the next four weeks to discuss this experience. Each person should be prepared to share something significant that they've gained from their time spent in the Word. They should plan to bring their Daily Reading Log (next page in this Appendix) from which to share their thoughts.

Your procedure will be as follows:

- Week 1: Read the first chapter of Philippians through each day of the week.
- Week 2: Read the second chapter through each day.
- Week 3: Read the third chapter.
- Week 4: Read the fourth chapter each day of the week.

Each day, record your new impressions from the Spirit and your new insights from the passage. The daily reading log is a tool, in the future, that you can use for reading systematically through any portion of scripture. Normally, each day would be a new passage but for the purposes of this group experience, we are suggesting the repetitive reading of the chapters of Philippians. You are free to make adaptations to the reading schedule; the important thing is to do some reading and reflecting every day.

DAILY READING LOG

Date: _____

Scripture passage: _____

What is this passage about? _____

What principle or lesson do I see in this passage? _____

How does this impact my life? _____



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