**Healthy Habits**

**WONDER OVER HIS WORD**

Explain to someone who has never read the Bible why he/she should read it.

**Read Joshua 1:7-8**

What command does God give Joshua regarding His Word?

What are the benefits of reading God’s Word?

**Read Psalm 1**

How can someone meditate on God’s Word day and night?

What are the benefits?

Share: What prevents you from reading the Bible regularly?

Share: What method of reading the Bible has worked for you in the past?

How are you going to include regular engagement with God’s Word in your daily routine? What are you going to do? Who is going to hold you accountable?