



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.**

*2 Timothy 3:14-17*

## **The power of habit: Bible reading**

What if I told you that you would die tomorrow unless you took one pill? Would you miss it? Probably not. You would probably set an alarm. You would do something to make sure that you always took that pill every single day, because you know it is a matter of life and death.

There are other things like that in our life, things that aren't a matter of life and death, but still very important to us. We have daily routines and habits that are really important—brushing your teeth, taking a shower, doing your homework, or eating meals. These things have become part of your regular life, and you wouldn't really consider cutting them out.

This month we're going to talk about some disciplines that are important for your spiritual health. These are things that we want to be diligent about practicing. If we don't practice these things, we put our faith at risk. We risk falling from the faith and losing out on eternity. Jesus himself tells us to "watch and pray" so that we don't fall into temptation.

The first habit is Bible reading. It's something that Paul tells Timothy to continue. He urged him, "Continue in what you learned and have become convinced of." Paul wants Timothy to make a habit of remembering what he had been taught. He wanted Timothy to keep Scripture on the front of his mind, continuing to remember it.

Then he tells him, and us, why.

The Scriptures make us wise for salvation. There is no better or higher reason than this. God's Word rebukes us when we are wrong. It teaches us of God's love for us. It points us to God's forgiveness of our sins in Christ. It equips us for a life of righteousness. It gives and strengthens our faith in Jesus.

God's Word is good for everything else in this life too. In short, God's Word is also a personal trainer for our daily walk as Christians. It equips and trains us to live as God's people in this world.

Would you ever skip brushing your teeth on purpose? Of course not! It wouldn't be healthy. The same goes for daily Bible reading. Sustain your spiritual health and grow in it by including God's Word in your daily life.

**Prayer: Dear Holy Spirit, we thank you for the many opportunities you give us to make your Word a part of our daily routines. Strengthen our bond with you and help us realize the importance your Word has on our daily lives. In His name we pray, Amen**