



## BREAKING THE ICE

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If you could choose any season to live in for the rest of your life which one would you choose?

How do your rhythms vary based on the seasons of the year?

Last week we asked you to take time and ask God where you aren't walking closely with Him. What new things did you discover?

## MAIN CONTENT

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This week we got to hear from Pastor Kevin about a sacred rhythm, reading the Bible. We all have rhythms in our life. Rhythms are the daily things we do: exercising, reading, going to school, making dinner, etc. We get to choose what rhythms we have in our lives.

1. What rhythms do you have in your life?

To change our lives, we can change our rhythms. One rhythm we can all benefit from is reading scripture. When you engage scripture daily, you learn more about God and gain wisdom on how to live your life.

2. What makes reading the Bible easy? What makes reading the Bible difficult?

The Bible is the story of God. There is no other book that has had as much influence, been more widely read and printed more than the Bible. It has been proven historically with its reliable collection of historical documents. Also, the prophecies of events listed in the Bible were proven to have happened years later. Still, it requires faith to believe the Bible is true.

3. How is your faith engaged when it comes to reading and believing the Bible?

Read 1 Peter 1:24-25

4. How have you experienced the Bible's truth when other things have faded away?

The Bible's truth will never falter. It's the living word of God that can be applied to our lives. The more we read the Bible, the more we know the heart of God. No matter where you are in your life and what you

believe about the Bible, God can always meet you in His word.

Read 2 Timothy 3:16-17

5. How do you feel the Bible has equipped you in your life? How has it helped you?

We can build our lives on the wisdom of God in the Bible or we can build our lives on the wisdom of others. What we watch, what we listen to, where we are getting our wisdom plays a role in our lives. It's important to read what God says as our first lens when we react and approach the situations in our lives.

6. Whose wisdom are you leaning on when it comes to your life?

What if the wisdom you are looking for is sitting at your house? The Bible is more than information, it can be transformation when you ask God to speak through His word to you.

If you don't have a regular rhythm of reading the Bible, we want to encourage you to start somewhere. Pick a **time, place and plan**. You may choose to wake up 15 minutes earlier to read the Bible with your coffee or tea in the morning. Choose a place you want to read. That may include creating a special area of your home with a comfy chair by the window. Pick a plan. The book of John in the New Testament is a great place to start. Or you can research Bible reading plans on The Bible App.

7. What other tips would you have for someone starting to read the Bible for the first time?

When you read the Bible, there's a great way to help you get the most out of your reading: **S.O.A.P.S.**

First pray and ask the Holy Spirit: Please teach me, lead me and guide me through the reading of the Bible.

**Scripture** - Pick where you want to start your scripture reading

**Observation** - Write down what's speaking to you in the Bible. You can copy the scripture or paraphrase it in words you understand.

**Application** - Ask God: How do you want me to obey and apply this scripture to my life?

**Prayer** - Write down a prayer that you want to engage through the scripture and application.

**Share** - Ask God who you should share your reading and application with.

The more we read the Bible, the more transformed we become. It takes time, patience and dedication but it's worth it. The more intentional we are with reading, the less likely we are to drift from God.

We're not perfect and God doesn't expect us to be perfect. He loves any and all the time we spend with Him. So even if you miss some days, it's OK to start over.

8. How has reading the Bible impacted your life?

## CLOSING PRAYER

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God, thank you for your Word and how it helps us in our lives. Will you teach us how to apply scripture to our lives? Surround us with others that can help us learn from the scriptures. Show us where to create time to spend with you and your word. Let the Bible become a rhythm in our lives that we love and enjoy. Amen.

## ACTION STEP

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If you don't have a rhythm of reading the Bible in your life, take some time this week to start a new rhythm. Ask your group for help if you need it. You can take as little as 5 minutes to engage the Bible every day. It's not about the amount of time you spend -- it's the transformation that happens in that time.