

**Lesson Overview:**

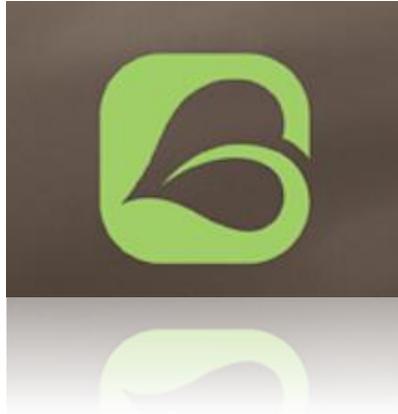
This week we begin our new series "Healthy Habits" with the sermon "Why should I read the Bible?" This month we will be focused on the healthy habits of Christians in their walk with God. This week we are focused on the need to read and meditate on the Bible day and night. We will take time to discuss how to develop the habit of emerging ourselves in God's word on a daily and weekly basis as part of our walk with God.

Lesson Prep for Leaders:

Main Bible Passage: 2 Timothy 3:16 -17, Joshua 1:8, Psalms 1:1-2

Questions for Leaders to ask yourself:

- How has your personal study of the Bible improved your walk and relationship with God?
- What is one of the most impactful lessons the Bible has taught you?
- How have you seen the Bible positively affect your life and relationship with others? How has it guided you in your life as an adult?



Icebreaker (5 Min): How many weeks until EOG's? How is school going, how are your grades and classes?

Students Lead (5 Min): What is the difference between a healthy and unhealthy habit? Can you name a few examples of each?

Discussion Questions (10 Min):

- What is the benefit to creating a habit of reading your Bible?
- What makes reading the Bible consistently difficult for you?
- How can we encourage each other to remain in the Bible on a weekly basis?

Next Steps (2 Min): Make a small group plan for reading the Bible together this month. Take time to discuss which book of the Bible you will read. (Follow-up is a must with this. Each week come back ready to discuss first the book you chose to read together!)

Prayer (2 Min): Close your time in Prayer