

Habits are those patterns of daily behaviour that make us who we are. For the believer the habit of daily Bible reading and prayer is the reservoir of our spiritual vitality.

Have the pressures of daily life disrupted this habit in your life? Sometimes Christians get out of the habit of reading and studying the Scriptures. They miss a day, then another. Eventually Satan uses this to silently steal away their desire for the Word. Don't allow that to happen! What we do occasionally may inspire us, but what we do *every day* shapes us. So make a point of abiding in His Word daily.

John 8:31-32 "Then Jesus said to those Jews who believed in Him: 'If you abide in My Word, you are My disciples indeed. You shall know the truth, and the truth shall make you free.'"