



5 MINUTES / 5 DAYS

**MONDAY** Healthy Habit #1: Pray*Luke 5:16*

Today's reading is very short, but very important. When we look at the life of Jesus, we see that He did amazing miracles, cared for and developed disciples to carry on His ministry, spent countless hours ministering to the needs of people, and so much more. One facet of Jesus' life that we must not overlook is the fact that He would often go away to pray. And He did this often! Here we have the very Son of God going off alone, away from distractions, away from the crowds, to communicate and to worship God. We can easily let the tasks and busyness of the day get in the way of communicating with God. He should be the most important relationship we have.

One way to start a thriving prayer life is by following the simple acronym ACTS: **Adoration:** Tell God how wonderful He is and praise Him for who He is; **Confession:** Acknowledge any unconfessed sin to God; **Thanksgiving:** Thank God for what He is doing in your life; and **Supplication:** Present your worries, concerns, and needs to God and look for Him to answer you. This is not the only way to pray, by any means, but it does provide organization and direction.

*Find a way to work this into the best part of your day.  
Go through each of the words in your time of prayer this week.*

**TUESDAY** Healthy Habit #2: Read*Psalms 63*

Have you ever been really thirsty? What was it like when you finally took a drink to quench your thirst? This psalm tells us of David's thirst for the Lord. When was the last time that you were truly thirsty? We're not talking about a thirst for water, rather we are talking about a thirst for God. One way we can develop a love and desire for God is by getting to know Him. If you desire to know more about God and develop an understanding of who He is, we need to immerse ourselves in His Word. As the children's song goes, "Read your Bible, pray everyday and you'll grow, grow, grow." This is the simple truth! Develop a Bible reading plan and strategy.

*Carve out time to allow God's Word to impact your heart, soul and mind. In order to be healthy as a follower of Jesus, we must be nourished with a regular diet of His Word.*

*Glorifying God by producing more maturing followers of Jesus.*

**WEDNESDAY** Healthy Habit #3: Learn*2 Peter 3:18*

Have you ever suffered from a lack of wisdom or understanding? When my brother and I were very young, we spilled an entire can of paint on the garage floor. Hoping to hide this mistake from our parents, we decided to take some paint rollers and spread out the paint as far as it would possibly go. We covered almost half of the garage floor with it. We figured that if we spread the paint out with the rollers that it would eventually evaporate like water. We gained some much needed understanding about paint that day! As believers we are to grow in our wisdom and understanding of God. One way to do this is by reading through the book of Proverbs. This can easily be done by reading one chapter a day. There are 31 chapters and you can even match the day of the month to the chapter in Proverbs to keep you on track.

*Read through one chapter of Proverbs.*

**THURSDAY** Healthy Habit #4: Share*Matthew 28:19-21*

So...what's your story? How did you come to know Jesus? Did you know that each believer has a responsibility to share his or her faith? Jesus gave specific instructions to His disciples in Matthew 28:19-21—it's to share the Gospel and make disciples. We have reaped the benefit of the disciples' obedience in following through with the Great Commission. One way to grow in Christ is by sharing our faith with others. Look for opportunities to turn conversations to the Gospel. You don't have to be a pastor or work at a church in order to share Jesus with others. God can use you to impact someone for eternity. Look for an opportunity today to share Jesus with someone!

*Talk to someone about Jesus.*

**FRIDAY** Healthy Habit #5: Worship*Hebrews 10:23-25*

Take time to worship God! Each Sunday, we gather together at Bible Center to worship our great and mighty God. This sounds simple, but it is important to take time to worship with other believers. One way to grow in Christ is by joining God's people in corporate worship on a consistent basis. We at Bible Center desire for you to mature and grow in your faith. We get excited when we see people come to a saving faith in Jesus Christ! We have services for that very reason. Going to church does provide you with an opportunity to receive the tools and encouragement to thrive in your everyday life. Maybe it's been a while since you've joined us. We would love for you to come and be a part of the amazing things God is doing here at Bible Center!

*Organize your schedule to join us at Bible Center on a regular basis.  
Or if you're a regular part of our ministry, think of someone who you could invite to be a part of what God is doing at Bible Center.*