

Developing a Sweet Habit. 001

February, 2019

Hello, I'm Steven Baldrige Pastor Rome Community Church in Richland county Ohio. This is the first installment of a short series called a *Developing a Sweet Habit*.

Psalms 119:103 tells us "How sweet are your words to my taste, sweeter than honey to my mouth!"

We will focus our attention on one of many possible methods for developing a habit of tasting God's sweet truths as given in scripture.

For this series you will first need a Bible, something to write with, and something to write on. I use a cheap school one-subject notebook. I use this because that's what I have on hand and because using wide lines allows me to add thoughts or clarifications of one or two words above, or beside, my text if I wish. Yes, it's a little messy, but that's my method.

So, get your Bible, a pen or a pencil, and a tablet.
Pause the recording and I'll see you back here.

OK, you're all set for today. Your plan is to not only read to God's word every day but to write at least some of it by hand. Research on memory points out that we remember what we rehearse, that is, what we repeat in our minds many times. We also better remember what we actually interact with physically. In this case, the act of putting pen to paper, even if the thoughts are not our own original thoughts, helps us make them our own. So today we start. Open your tablet to page 1. For the next few days you will do as I do. Later you are free to modify to your hearts content.

At the top of the page - yes, the very top - we're not aiming to save paper or make it pretty. At the top of your paper right today's day of the week and the date. Again, hit pause anytime you need.

Now open your bible to Psalm 119. Find a verse 103. Whenever you look up a recommended verse please get in the habit of reading it in context. Read the couple of verses before 103, through the first few verses after 103. Stop and do that now.

OK, are you happy with the verse 103 alone? Or do you like reading it in the broader context? Perhaps you prefer 102 through 104, or even more? You will now copy by hand into your notebook the verse or verses you chose. Pause the audio and do that now.

From here we have several choices. If you have another translation you may want to repeat the process, copying from the second translation. You may want to back up earlier in this section or continue down more verses. For today, this is it. We are not in a hurry to get through massive volumes of Scripture. We are going to linger on smaller portions and revel in the sweetness of God's word.

So, go back to verse 103. Finish up, if you have not filled a page (that's what I do) I stick with the basic verse until I have filled up one page. Are there any other thoughts these key verses bring to mind?

Scripture tells us to take every thought captive to the truth of Scripture. What are some of those thoughts? Does this passage bring conviction or praise to your mind? Write the appropriate prayer and praise.

One more thing for today. Later we will use other materials in our deeper study. If you have an electronic version of the Bible get it. These also to have attached study tools. If you have a concordance or Bible dictionary, find that too. And if you have any Bible commentaries, know where you can get your hands on them when the time comes. I'll see you next time as we are *Developing a Sweet Habit*.

Attached is a page of my personal notes just for your reference.

Monday, February 4, 2019

2 Peter 3:17

You therefore, beloved, knowing this beforehand, take care that you are not carried away with the error of lawless people lose your own stability. - Some use "steadfastness" for "stability"

Stability = $\sigma\tau\eta\rho\iota\gamma\mu\omicron\varsigma$ = stay-rig-mos
firm condition, steadfastness of mind

appears to be used only here

Strong's G 4740 - form of G 4741 $\sigma\tau\eta\rho\iota\zeta\omega$

which means: to make stable, place firmly, set fast, fix also: to st. - sthen, to render constant, confirm, one's mind to turn resolutely in a certain direction

This form of the word has many occurrences:

Luke 9:51 When days draw near for him (Jesus) to be taken up, he sets his face to go to Jerusalem.

he the face steadfastly set to go to Jerusalem"

I Peter 5:9 Resist him (Satan), firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

I Corinthians 15:58 Therefore beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing in the your labor is not in vain.

James 1 Count, all joy, my brothers, when you meet trials of various, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect complete, lacking nothing. If any of you lacks wisdom, let him ask God, who gives generously all without reproach, but let him ask in faith, without doubting, for the doubter (is not steadfast) is like the wave of the sea that is driven and tossed by the wind (lives a life of turmoil and instability)