

Developing a Sweet Habit. 002

February, 2019

Welcome back. I am Steve Baldrige pastor of Rome Community Church in Richland county Ohio. This is episode 002 in the series *Developing a Sweet Habit*. Last time you started by heading your page with the day and date then hand writing your chosen verses from Psalm 119. You wrote verse 103, or 102 - 104. Since we are developing a *sweet habit* of spending quality time with fewer verses, I would like you to begin today by rewriting those same chosen verses. Pause here and write your psalm 119 versus now.

As you progress you will choose your own passages to write. In fact, that's one of the main points of this lesson series. But for now, I'll take the lead. Today we will consider that what I'm asking you will indeed, some days, feel tedious. One way we choose what to write is to choose a word or topic, and search for what God's Word says about that word or topic. Sometimes that is tedious. Sometimes that is boring. Sometimes it just makes our brains tired. And of course another word for tired is the *weary*. If your Bible has a concordance in the back, look up weary. If you have an electronic Bible... yes, you figured it out, look up *weary*. My printed Bible has four references for weary. The one we are looking for is 2 Thessalonians 3:13. Go there now.

Now, as we did yesterday with Psalm 119:103, read several verses on both sides of 2 Thessalonians 3:13. Choose the passage that helps you get the basic idea of the text, in context, and hand write these verses. Come back to me when you are finished.

What did you choose? In context, this has to do with those who are refusing to work for a living. But can we not also apply it to something like this daily exercise? Those who were not working expected others to do all the work for them. Work was beneath of them. Work was boring. Work took too long. Work was simply not all that much fun. Could we have the same attitude about developing a sweet habit of daily writing and reflecting on God's word?

Research tells us that developing a new habit takes around three weeks. What people miss is that the definition of *developing a habit* is when the new behavior stops feeling strange or weird. There is a different degree of habit I hope you will develop. This deeper habit is when not doing the thing (in this case, daily searching for the sweetness of Scripture) is actually missed if it is skipped.

Now it feels strange because it is new. In around three weeks it will feel natural because it is not new. At this point you can easily do it, but the danger is that you can easily *skip it* and not really *miss* it. What we are looking for is a habit that we actually miss, like an old friend, if we don't see them for a few days. This degree of habit, research tells us, takes 2 to 3 months. So habits begin as strangers, then progress in a few weeks to friendly acquaintances, but in two or three months they are truly dear to us. How do we get to that point?

2 Thessalonians 3:13. Stop the recording here and write that verse or those verses again.

Now, assuming you have not filled up your page, take the time to look for the other verses you found in your word search for *weary*. Choose those that deal with our topic. Write some of them here. If you still have paper left, finish with your thoughts on the topic, prayers of confession, prayers of concern, and prayers of praise on this topic.

Then close your tablet and get on with your day. Anytime you have a pressing verse or topic you wish to pursue, you do not need me. Do this searching in writing just like this. If you catch up with my recording schedule, don't think you need to stop and wait for me. Plunge on ahead. And I will see you next time as we continue *Developing a Sweet Habit*.