

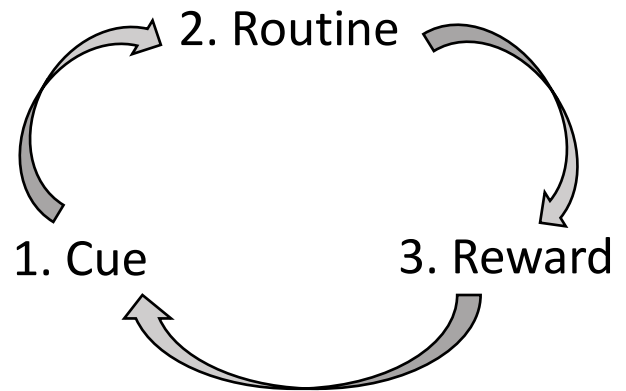
GBC 15/30 Challenge

Read the Bible 15 Minutes a Day for 30 Days

If you haven't yet established a habit of daily Bible reading, here's a simple way to get started.

1. Understand how habits work. All habits are really behavior loops consisting of a cue, a routine (habit), and a reward. It's easy to see this pattern in a trick we teach our dog, but it actually applies to all of our habits – the good ones and the bad ones.

The "golden rule of habit formation" states: *A habit cannot be extinguished – it can only be replaced.* Therefore, you want to identify a habit (maybe 15 minutes of TV or Facebook or a computer game) that you will replace with 15 minutes of Bible reading. Identify the cue and the reward for that habit. Then simply replace the old habit with the new one. It's not always that simple, but by making some adjustments to the cue and/or the reward, you can get it to work.



2. You need a strong "why." Why is this habit important to you?

- List all the benefits (now and future) of establishing this habit.
- List all the consequences (now and future) of *not* establishing this habit.

3. You *must* have support. Organizations like AA and Weight Watchers that have helped millions change negative habits know this very well, and make it a cornerstone of their approach. Going it alone is a recipe for failure. Recruit two other people as accountability and encouragement partners, and check in weekly.

4. Don't let failure stop you. Successful people fail more often than anyone else, because they're the ones who refuse to stop trying and learning. It takes the average smoker seven attempts before they quit for good. A pro baseball hitter is considered a star if he succeeds in getting on base 30% of the time. Don't be surprised or disheartened when you slip up – just resume your habit, and don't let the slip-up snowball.

5. Pray. Realize that there's a lot at stake, not only in your life, but in the lives of those you can potentially influence. Therefore, this is a spiritual battleground; our enemy does not want to see strong, wise spiritual warriors developing to expand God's Kingdom. Pray for grace, endurance, and a hunger to know God through His Word.