

CONTENT

Psalm 1:1-3

MESSAGE RECAP

This week we are starting a new series focused on cultivating three foundational habits every believer should be practicing. The first one is reading scripture daily. We discussed the impact of content consumption and the need for a balanced approach to spiritual nourishment. We said, “The content you consume, will consume you.” Let’s approach the Word this week with intention, seeking transformation in our daily lives.

GROUP DISCUSSION

1. Read Psalm 1:1-3 out loud and process this paradigm for living by the word.
2. Reflect on the concept that “The content you consistently consume will consume you.” How has the media and content you consume influenced your thoughts, attitudes, or behaviors?
3. Share examples of how balancing your content with biblical content has made a difference in your life.
4. Have you faced challenges establishing a consistent Bible reading habit? What were they, and how did you overcome or plan to overcome them?
5. Explore the practical steps suggested for building a consistent Bible reading habit:
 - Do you have a Bible translation you enjoy?
 - Do you have a time and place?
 - Do you have a reading plan?
6. In what ways can you avoid the challenge of not just reading this as a textbook for head knowledge but letting the Bible transform you? In what ways do you actively apply the lessons from your Bible reading to your daily life?

PRAY