



Tiny Habits for Reading Your Bible More

Imagine your life when you read the Bible every day! Think of the joy, wisdom and encouragement you will have. It may be a struggle to read daily, and that is not because you are a bad person. It **IS** possible to make reading an automatic habit that is easily done every day when you design it into your daily routine. This toolkit will help you make one small step toward honoring God with your time through daily Bible reading.

To start, think through your daily routine to determine the best time for your habit to take root. In doing so, it's helpful to ask yourself a few questions:

- What time do you want to read your Bible?
- What are you already doing that is very consistent?
- How can it flow naturally with the behaviors you already routinely perform?
- When do you have the least amount of distraction? (Bible reading doesn't have to be in the AM)

These questions and observations will help you find the **anchor** moment where your new Bible reading habit will live. You can look at the following page for ideas.

Next, think of one tiny **behavior** you could perform to move closer to reading your Bible. This should be small and something that you can quickly and easily do, even on your crazy days. You may ask yourself these questions:

- What is the first action I need to take to see scripture?
- How am I going to access the scripture?
- What can I accomplish in about 30 seconds?

You are almost done creating your Bible reading recipe. The final step is to **Celebrate** your success, the icing on your Bible cake. Celebrating success is the key to wiring this new habit into your brain.

Now that you have your ingredients, write out your recipe. It will look like this:

“When I ... (anchor moment), I will ... (tiny behavior) and then I celebrate by ...

On the following sheet you will see examples of anchor moments, tiny behaviors and celebrations. You can mix and match these or create your own. There is also a recipe card you can write in and keep close by.

Want to grow your habit or learn more? Check out the book ***Tiny Habits: The Small Changes That Change Everything*** by BJ Fogg PhD where Tiny Habits method originates. You can also reach out to Lisa Ruman, a Certified Tiny Habits Coach, lisa.ruman@tinhyhabitscoach.com or <https://www.facebook.com/RedeemWellness>

Anchor Moments

1. After I brush my teeth
2. After I pour a cup of coffee
3. After I sit at my desk
4. After I walk into my office
5. After I put on my pajamas
6. After I clear my lunch dish
7. After I put my kids to bed
8. After I feed the dog
9. After I put on my seatbelt
10. After I pray at a meal
11. After my kids go to bed
12. After I start the dishwasher
13. After I check my calendar for the day
14. After I look at my email
15. After I put on my pajamas
16. After I put on my workout clothes
17. After I return to my house from ___
18. After I wash my face
19. After I close down my computer
20. After I use the bathroom

Behaviors

1. I will go into the room my Bible is stored
2. I will put my Bible next to my keys
3. I will set my Bible on the kitchen table
4. I will look at my Bible reading plan
5. I will open my Bible app
6. I will open my Bible
7. I will ask the Lord for a desire to dig into his Word
8. I will read one Bible verse
9. I will clear a space to read my Bible
10. I will put my bible next to my bed
11. I will open my devotional book
12. I will write out one verse
13. I will read one verse to my family
14. I will set my alarm five minutes early
15. I will praise God for the ability to read scripture
16. I will look at my bible memory verse cards
17. I will listen to one verse
18. I will make the next day's lunch at night
19. I will pack my bag for the next day
20. I will lay out my clothes for the next day

Celebrations

1. Say "Yeah!"
2. Shout "I did it!"
3. Sing a verse from your favorite song
4. Holler "Praise God!"
5. Think "Amen"
6. Dance
7. Give a High Five
8. Pat yourself on the back
9. Raise your hands in a victorious V
10. Smile big

Your word is a lamp to my feet and a light to my path. Psalm 119:105

Bible Reading Recipe Card

When I

I will

Celebrate

