

Cultivating Habits of Grace

a 5 day basic reading plan

Day 1 - It's about Grace

Philippians 3:7-8

Consider the three main channels of weekly “habits of grace,” of hearing God’s voice (in his Word), having his ear (in prayer), and belonging to his body (in the fellowship of the church).

Day 2 - Hear God’s Voice

Psalms 119:15–16

Think of a short biblical text (just a verse or two) you’ve studied or memorized in the past and feel like you know well. Set a timer for just two minutes, and focus your mind on the truth of the verse. Ask God to help you seek and know the truth of the passage by focusing on it.

Day 3 - To Have God’s Ear

Matthew 6:9–13

Ponder the three dimensions of prayer: private prayer, all-of-life prayer, and corporate prayer. Evaluate the current patterns of your life related to each. Do you find yourself to be stronger in one than the others? Weaker in another? Consider the aspect in which you feel weakest, and make a simple, modest plan for cultivating that habit over the next week.

Day 4 - A Part of God’s Body

Hebrews 3:12–13 and 10:24–25

Talk to a Christian friend or family member today about fellowship as being on mission together, worshiping Jesus together, and being means of grace to each other, especially in covenant membership in the local church. Ask if they can think of any other kinds of blessings we find in fellowship with each other.

Day 5 - Review

Psalms 119:105

Cultivating your own habits of grace:

Word: The best way to learn to read the Bible is to read the Bible. Find a regular place and time, and amount of time, that is realistic and life-giving for you. Start there. Don’t bite off too much at once. Aim for a doable habit that adds up over time.

Prayer: It is an utterly remarkable thing to “have God’s ear” because of Christ. We should not think of prayer mainly as an obligation, but an opportunity. Consider the opportunity of having God’s ear, and identify just one fresh habit to cultivate as a result of this study, whether it’s a strategy for private prayer, prayer on the go throughout life, or praying with others.

Fellowship: Evaluate your relationships. Who in your life is clearly a means of God’s grace for your spiritual health and reenergizing? Would anyone else say the same of you? Are you a means of his grace in the lives of others? Make one fresh resolve related to fellowship, whether it’s to become a covenant member of your local church or to prioritize a particular relationship for gospel intentionality.