

## **More Days Than Not** **James Meehan**

***Knowing better is not the same thing as doing better.***

***If you want to make change *sustainable*, make the process *enjoyable*.***

**Read the Bible more days than you don't.**

*“Engaging the Bible four or more days a week is the single most powerful predictor of spiritual growth ... becoming more like Christ in our thoughts, words, and deeds.”*

*—Center for Bible Engagement*

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup>so that the servant of God may be thoroughly equipped for every good work.*

2 Timothy 3:16-17 NIV

### **How to Make Reading the Bible More Enjoyable**

- 1. Know the goal.**
- 2. Find a guide.**
- 3. Refuse to give up.**

*In the beginning God created the heavens and the earth.*

Genesis 1:1 NIV

**Jesus is King.**

**Context is everything.**

*And God said, “Let there be light,” and there was light. <sup>4</sup>God saw that the light was good, and he separated the light from the darkness. <sup>5</sup>God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day. Genesis 1:3-5 NIV*

**In Hebrew poetry, the *patterns* and the *problems* reveal the *purpose*.**

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup>Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2-3 NIV*

**Your value doesn't come from what you do. Your value comes from the God who made you.**

***recombination and decoupling: when photons (light particles) were first produced and light was separated from darkness***

*This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 1 John 1:5 NIV*

*When Jesus spoke again to the people, he said, “I am the light of the world. ...” John 8:12 NIV*

*In the beginning was the Word, and the Word was with God, and the Word was God. ... <sup>3</sup>Through him all things were made ... <sup>4</sup>In him was life, and that life was the light of all mankind. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome it.*

John 1:1-5 NIV

*“Come to me, all you who are weary and burdened, and I will give you rest.<sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.<sup>30</sup> For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV*

## TALK IT OVER

Read **2 Timothy 3:16-17**. How can regularly reading the Bible impact somebody’s faith? How do you hope it impacts you?

Talk about a time when the Bible changed your perspective on something. How can this experience impact the way you engage with God’s Word in 2026?

Share about your current rhythms around reading God’s Word. Do you hope will stay the same, and what do you hope to change this year? How will you make reading the Bible enjoyable and sustainable?

Start the Bible Plan *Fully Devoted: An Introduction* using Plans With Friends: [www.go2.lc/moredays](http://www.go2.lc/moredays)