



Jason Smith - Spiritual Habits

Part 2: Scripture

The Word of God is a lamp to our feet and a light to our path (Psalm 119:105), guiding us in truth and wisdom.

As we immerse ourselves in Scripture, we encounter the living God and His timeless truths. In a world filled with distractions and noise, studying the Bible is essential for spiritual nourishment and growth.

During this week, we will explore practical ways to engage with Scripture daily, allowing its transformative power to illuminate our lives.

Scriptures: Psalm 119:105, 2 Timothy 3:16–17, Hebrews 4:12

Introduction

A few weeks ago, we began our series, *Spiritual Habits: Doors to a Full Life*, by talking about **prayer**—our lifeline to God.

We were reminded that prayer isn't about getting it right; it's about showing up. It's not a performance—it's a conversation. A daily habit that anchors us in the presence and peace of God.

Now this week, we turn to another essential spiritual habit: **Scripture**.

If prayer is how we speak *to* God, **Scripture is how God speaks to us.**

And just like we can't grow a healthy relationship without listening, we can't grow a deep spiritual life without *hearing* the voice of God through His Word.

This whole series is built on the idea from **1 Timothy 4:7-8**, where Paul urges Timothy to **“train yourself for godliness.”**

That means intentionally cultivating habits that lead to spiritual health and maturity. And one of the most foundational of those habits is regularly spending time in the Word of God.

In a world that's constantly shouting—through news feeds, social media, opinions, entertainment—**the Bible becomes our compass.**

It grounds us in truth. It cuts through the noise. It reminds us who God is, who we are, and what truly matters.

Psalms 119:105 says:

“Your word is a lamp for my feet, a light on my path.”

When life feels dark or uncertain, the Word of God is what helps us take the next step.

It doesn't always give us a spotlight into the distant future—but it gives us just enough light for today. And sometimes, that's exactly what we need.

So today, we're going to explore what it means to **engage with Scripture not just occasionally—but daily, intentionally, and expectantly.**

We'll talk about how to read it in a way that actually sinks in. How to hear God's voice through it. And how to let His Word shape our minds, our decisions, and our hearts.

Because **the goal isn't just to read the Bible—it's to be *formed* by it.**

God's Word Is Alive and Speaks Today

Hebrews 4:12 – ***“For the word of God is alive and active. Sharper than any double-edged sword...”***

When you open your Bible, what do you expect?

Some of us treat it like a reference book—helpful, but only when we need it. Others see it like a history book—important, but outdated.

But Hebrews 4:12 tells us something radically different: ***“The word of God is alive and active.”***

That means the Bible isn't just a record of what God *once said*—it's a living voice for what God is *still saying*.

This isn't ink on a page. This is the breath of God reaching across time to speak directly into your heart, your circumstances, and your questions today.

It's living. It's powerful. It's personal.

Hebrews says it's *sharper than any double-edged sword*. Why? Because it cuts through the noise. It pierces through the confusion.

It speaks directly to our soul—bringing conviction where we've wandered, encouragement where we're weary, and direction where we're lost.

And this isn't just theory. Jesus modeled this in His own life.

In Matthew 4, when Jesus was tempted in the wilderness, He didn't rely on clever arguments or emotional resolve. He quoted Scripture.

“Man shall not live on bread alone, but on every word that comes from the mouth of God.” (Matthew 4:4)

Jesus didn’t just *know* the Word—He *relied* on it. He lived by it. He fought temptation with it. He found strength in it.

If Jesus—the Son of God—needed the Word of God to walk in truth and victory, how much more do we?

So when you open your Bible, expect to encounter the living God. Expect to hear His voice.

Expect your heart to be stirred, challenged, and changed.

This is not just a book—it’s your daily bread.

God’s Word Anchors Us in Truth

2 Timothy 3:16–17; *“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness...”*

Let’s be honest—we live in a world that constantly shifts. One day something is considered right, and the next, it’s completely redefined. Values change.

Culture changes. People’s opinions change. Truth, it seems, is up for grabs... It’s what we call a “moving goalpost”

Think for just a moment in time other than right now, that people would celebrate the assignation of life like we’ve over the past few weeks.

A man that stood for life, biblical marriage and the gospel shot and killed.

But in the middle of all that confusion, there's something solid.
Unmoving. Trustworthy.

The Word of God is our anchor in the storm.

Paul reminds Timothy in 2 Timothy 3 that ***“all Scripture is God-breathed.”*** That means it didn't come from human speculation. It came from divine inspiration.

These words aren't man's best guesses about God—they are God's clear revelation to humanity.

And Paul says Scripture is useful. It's not just inspirational—it's transformational.

- **It teaches us what is true.**
- **It rebukes us when we're headed in the wrong direction.**
- **It corrects us, showing us the way back.**
- **And it trains us to live in righteousness—to walk like Jesus.**

In other words, Scripture is not just a book you read. **It's a compass that guides your life.** It helps you navigate relationships.

Decisions. Identity. Purpose. Purity. Forgiveness. Calling.

Psalms 119:9 asks: ***“How can a young person stay on the path of purity? By living according to your word.”***

That's true not just for the young—but for all of us. When we build our lives on the truth of Scripture, we become **rooted, stable, anchored.**

We're not tossed back and forth by every trend or emotion or opinion.

We stand firm.

But when we neglect the Word—or only use it occasionally—we’re like a ship trying to sail through a storm without an anchor.

It’s not a question of *if* we’ll drift. It’s a question of *how far*.

God’s Word Transforms Us from the Inside Out

So we’ve seen that God’s Word is *alive and active*, and that it *anchors us in truth*.

But it doesn’t stop there. Truth—real, divine truth—doesn’t just inform us. It transforms us.

The ultimate purpose of engaging with Scripture isn’t to fill our heads. It’s to change our hearts. **Romans 12:2** says:

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

This world is constantly trying to squeeze us into its mold. To shape how we think, how we act, how we view ourselves and others.

But God has something better.

He wants to renew our minds—through His Word—so we can begin to think, feel, and live like Jesus.

Reading the Bible isn’t just about *learning* about God. It’s about being *formed* by God.

As we spend time in Scripture, something begins to shift. Our thoughts become clearer. Our attitudes begin to change. Our desires begin to align with His.

James 1:22 puts it like this: ***“Do not merely listen to the word, and so deceive yourselves. Do what it says.”***

In other words—God’s Word becomes powerful in your life when you apply it. If we only hear it but never live it, we’re missing the point.

But when we take it seriously—when we read it with humility and respond with obedience—transformation takes place.

- We begin to speak differently.
- Forgive more easily.
- Love more deeply.
- Live more freely.

The same Spirit who inspired the Scriptures is working through them to shape you, day by day, into the image of Christ.

It’s a time-tested and God honored process that’s been going on for hundreds, even thousands of years now.

Conclusion

“Open the book; Open your life.”

God’s Word is not just something we study—it’s Someone we meet. When we open the Bible, we’re opening the door to hear from the living God.

This week we’ve seen:

- That **God’s Word is alive**—not static, not ancient and irrelevant—but *alive and active*, speaking directly into our lives today.
- That **God’s Word anchors us in truth**, offering a steady foundation in a world full of noise and confusion.

- And that **God's Word transforms us from the inside out**, renewing our minds and reshaping our hearts to reflect Jesus.

Here's the truth: **You will be formed by something. Either by the voices of this world—or by the voice of God.**

The habit of Scripture is not about checking a religious box. It's about **building a life that listens to God.**

A life that is rooted, grounded, and growing.

So what if, this week, instead of saying “*I should read my Bible,*” you said, “**God, I want to meet You in Your Word.**”

That simple shift can change everything.

Challenge for the Week:

This week, commit to reading the Bible every day for **at least 10 minutes.**

- Use an online plan or start with Psalm 119 or the Gospel of Mark.
- Journal a short reflection: *What did God show me? What do I need to do in response?*
- Invite a friend or small group member to join you—so you can grow together.

Whatever you do, just do something - I'm not exaggerating when I say that being in the Word every day will change your life for the better..

Let's pray together.