

FACT TO PONDER

Daily immersion in the Scriptures resists the anxiety of emails, the anger of news, and the envy of social media. Instead it forms us daily in our true identity as children of the King, dearly loved.

Justin Earley, *The Common Rule*

Opening

- What's the first thing you read in the morning?
- Read Psalm 1

Reflection Questions

- What dynamics can happen around you if you are not careful (v.1)?
- Read the above quote. To what extent does anxiety, anger, and envy shape your daily experience?
- According to the Psalmist, what happens when you intentionally immerse yourself in God's word? (v.2)
- Why is it important for God's story of redemption to inform who you are and who you are becoming?
- What difference should it make to live *from* your identity versus living *for* an identity?
- As you tried to implement, "scripture before screens", what challenges did you encounter? What did you learn about yourself and God through the process?

Next Steps

- Schedule a time to meet with your accountability partner to check in and encourage each other.
- Next week, read Weekly Habit #1, One Hour of Conversation with a Friend