

# HELPFUL TIPS



At first glance, reading through the entire Bible might seem daunting. Just remember to tell yourself, it can be done! You aren't sitting down in a single setting to do this, you are stretching it out over 365 days. You can do this!

There are many ideas that will help you along this journey, and here we will help document some of them. We want you to succeed! Let's begin.

- **Prayer:** People underestimate how important this can be. You have a direct hotline to the Creator of the universe, and in this challenge you are trying to obey Him by reading and meditating upon His Word. Ask Him for help and He will provide.
- **Companionship:** Working through the challenge with family and friends is highly beneficial. Not only do they help provide accountability, but you will suddenly find new topics of spiritual discussion opening up because you are reading the same scripture daily.
- **Picking the right medium:** Will reading from your print Bible feel the most natural to you? Or will using the YouVersion Bible app on your phone make the most sense? Perhaps the Daily Audio Bible via podcast? Be sure to pick what will be the most sustainable for you. But don't forget that if you need to change partway through, then go ahead!
- **Forming a habit:** Decide upfront when the best time of day will be to read or listen to your Bible. Will it be listening while getting ready in the morning? Reading while eating breakfast? Listening while driving to work? Reading during lunch? Before bed? Pick a time that will work for most days and then try to stick to it as often as possible to make them a habit. If you need help coming up with a plan, ask anyone else participating for ideas. That is part of why we are doing this as a group!
- **Use reminders:** Having ways to help remember to engage the Word daily are helpful. Maybe a sticky note in a place you will see each day. Setting up reminders on your phone are another way to help get this helpful habit started.
- **Encourage others:** When you see come into contact with others who are participating (live or online) be sure to encourage them. In return, they can also encourage you.
- **Remain positive:** If you begin to falter, don't worry. Instead of focusing on the negative, focus on how many days you have succeeded, not how many you missed. If you missed some time, make up two days at a time to catch up if you can't do it all at once. No matter what, you have the Spirit of the Living God within you and you can succeed!
- **Rewards:** If you are having trouble remaining motivated, it might be a good idea at the beginning to setup little rewards for yourself at small intervals. For example, every 3 days you succeed give yourself a treat (whatever works best for you). Also, remind yourself that at the end of the year everyone who succeeds will be receiving a special reward from the at the end of the year. Stay encouraged!