

# h.a.b.i.t.s.



**WATCH:** [The Jesus Creed](#)



**READ:** Hebrews 4:12; Matthew 4:4



**DO:** Jesus compares the Word of God to food. Both are necessary to sustain and strengthen us, and without either, we will slowly deteriorate, even to the point of death. When was the last time you used the Bible to encounter God? Grab a Bible, and prayerfully read any chapter of the Bible of your choosing. When you are finished, ask yourself what the passage has revealed to you about God, and what God is trying to tell you from the verses.