



Healthy Habits
1 Timothy 4:7-8
1 of 5

A [2006] medical study reveals just how difficult change is for people. Roughly 600,000 people have heart bypasses a year in America. These people are told after their bypasses that they must change their life-style. The heart bypass is a temporary fix. They must change their diet. They must quit smoking and drinking. They must exercise and reduce stress. In essence, the doctors say, "Change or die."

You would think that a near-death experience would forever grab the attention of the patients. You would think they would vote for change. You would think the argument for change is so compelling that the patients would make the appropriate lifestyle alterations. Sadly that is not the case.

Ninety percent of the heart patients do not change. They remain the same, living the status quo. Study after study indicates that two years after heart surgery, the patients have not altered their behavior. Instead of making changes for life, they choose death.

Change is that difficult. The majority of the heart patients choose not to change. They act as if they would rather die.
[Thom S. Rainer and Eric Geiger, *Simple Church* (B & H Publishing Group, 2006), p. 229]



daily Bible reading

August 17, 2014



Healthy Habits
1 Timothy 4:7-8
1 of 5

A [2006] medical study reveals just how difficult change is for people. Roughly 600,000 people have heart bypasses a year in America. These people are told after their bypasses that they must change their life-style. The heart bypass is a temporary fix. They must change their diet. They must quit smoking and drinking. They must exercise and reduce stress. In essence, the doctors say, "Change or die."

You would think that a near-death experience would forever grab the attention of the patients. You would think they would vote for change. You would think the argument for change is so compelling that the patients would make the appropriate lifestyle alterations. Sadly that is not the case.

Ninety percent of the heart patients do not change. They remain the same, living the status quo. Study after study indicates that two years after heart surgery, the patients have not altered their behavior. Instead of making changes for life, they choose death.

Change is that difficult. The majority of the heart patients choose not to change. They act as if they would rather die.
[Thom S. Rainer and Eric Geiger, *Simple Church* (B & H Publishing Group, 2006), p. 229]



daily Bible reading

August 17, 2014

The Daily Bible Reading for this week will remind us there are some habits that are beneficial and some that are detrimental.

- DAY ONE – 1 Timothy 4:6-10
- DAY TWO – Proverbs 4:20-27
- DAY THREE – Ephesians 4:22-24
- DAY FOUR – 1 Corinthians 6:12-20
- DAY FIVE – Philippians 4:6-8

Memory Verse: “...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:7b-8

The Daily Bible Reading for this week will remind us there are some habits that are beneficial and some that are detrimental.

- DAY ONE – 1 Timothy 4:6-10
- DAY TWO – Proverbs 4:20-27
- DAY THREE – Ephesians 4:22-24
- DAY FOUR – 1 Corinthians 6:12-20
- DAY FIVE – Philippians 4:6-8

Memory Verse: “...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:7b-8