

**6 Healthy Holy
Girl Habits: By
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In this book, I talk about ten holy girl habits for the new year. I share some things that have helped me as a Christian woman. I believe that these habits will be a help to you in your walk with God and on the daily. Stay tuned for more!

The first holy girl habit is reading and studying the Bible. This is something that we may not always feel like doing all the time. There are some days that we will struggle to get into our Bibles to read and to even study. Sometimes, it is fatigue, depression, or distractions that keep us from our Bibles and from spending time with the Lord. I know we have all been there before. But when these things set in, that is when we just need to do it anyway and push through the tiredness or the depression. We may need to get up earlier to get into our Bibles to read and study.

We may need to tune out distractions and put our phones on silent or turn off the television so that we can spend some time with the Lord. You can even set an appointment in your calendar to meet with Jesus Christ just like you would a doctor or a friend. Because he ultimately is our best friend, and he is our great physician too. Spending time with God is never wasted

or in vain. It matters for all eternity because we are storing our treasures, or time, in heaven. We are being a good steward of our time when we are spending it with the Lord. A relationship with Jesus Christ is the most important relationship you could ever have. It is a relationship that goes into eternity. Without Jesus Christ in our life, we would not make it into the kingdom of heaven.

Where should you start when reading the Bible? Well, you can start reading the New Testament gospels and then the epistles and then read the Old Testament. Before you read or study the Bible, you should pray and ask the Lord for wisdom, knowledge, understanding, and revelation. Ask the Holy Spirit to speak to you through the Bible and to lead and guide you as to where you should read and study. Once you're done reading and studying, you can ask the Holy Spirit how you can apply the word of God to your life and how you can put it into practice in your life.

2 Timothy 3:16-17 says, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly

furnished unto all good works.” Hebrews 4:12 says, “For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”

The next holy girl habit is prayer, which is conversation with God. Prayer includes talking and listening to the Holy Spirit. The Holy Spirit will speak to us through a still, small voice and through the Bible. That is how we can get to know God and have a personal relationship with him. God will speak to us in a number of ways, but the main way he speaks is through the Bible and when we get quiet in his presence. He also speaks through other people, especially Holy Ghost-filled believers. He also speaks through nature, animals, dreams, visions, etc.

We can talk to God anywhere and everyone because he is everywhere, and he never leaves us believers because he is within us. Whether we are washing dishes, taking a shower, walking, driving, or doing laundry, we can talk to Jesus Christ, and he hears us.

John 10:27 says, "My sheep hear my voice, and I know them, and they follow me." When we talk to him, we are drawing near to him, and he will draw near to us. But when we do not acknowledge him, then he will not draw near to us until we have. James 4:8 says, "Draw nigh to God, and he will draw nigh to you." Proverbs 3:6 says, "In all thy ways acknowledge him, and he shall direct thy paths."

Another holy girl habit is worshiping God through music, song, and dance. We can worship God by singing to him, bowing down, and lifting our hands. This is an act of humility and surrender to the Lord. We can also dance and shout and sing a new song or listen to worship music. This will help us grow closer to God and develop our relationship with him. When we worship the Lord, it keeps you humble and trusted in him. Psalm 100:4 says, "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."

Another holy girl habit is giving thanks to God for everything. When we are thankful and grateful, then we are content and appreciative. We can write down on

paper five to ten things that we are thankful for. This will change our mindset and perspective towards life, and it will also help us to be more content. There is so much to be thankful for. There are a lot of less fortunate people out there in the world who do not have what we have, so we can always give thanks to God for everything he has done and given us. Just waking us up to a new day is a blessing to be thankful for. 1 Thessalonians 5:18 says, "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Another holy girl habit is reading good Christian books to gain knowledge, insight, and understanding. Reading Christian books does not replace the Bible, but they will help us to grow closer to God in our relationship with him. We can read devotionals, commentaries, or just Christian content. I also recommend watching sermons and listening to podcasts to gain knowledge of the word of God. But, above all, allow the Holy Spirit to speak to you and give you wisdom, knowledge, and understanding himself rather than first going to a pastor or teacher. Jesus Christ wants us to have our own personal relationship with him. He wants us to

seek him and get our answers from him rather than a book. The Bible and his still, small voice have all the answers we need. That is the primary way that he speaks to us.

The next holy girl habit is eating healthy and exercising. I would recommend eating more fruits, vegetables, and whole grains. I would also recommend exercising at least thirty minutes to an hour a day. That will help release endorphins and give you energy for the day and will help you get tasks done for the day. Eating a lot of junk food can cause sickness or disease in our bodies, such as cancer or diabetes. So it is important to nourish our bodies and take good care of our temples.

1 Corinthians 6:19-20 says, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Timothy 4:8 says, "For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."

