**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 19: The Practices of a Good Religious**

**Definition and Scriptures:**

**Habitual*:*** regularly or repeatedly doing or practicing something or acting in some manner**:**having the nature of a [habit](https://www.merriam-webster.com/dictionary/habit#h1)**:**Customary. ([merriam-webster.com](https://www.merriam-webster.com/))

**Psalm 113:3:** From the rising of the sun to its setting  
The name of the Lord is to be praised.  
  
**Psalm 104:33:** I will sing to the Lord as long as I live;  
I will sing praise to my God while I have my being.  
  
**Psalm 146:2:** I will praise the Lord while I live;  
I will sing praises to my God while I have my being.  
  
**Psalm 71:8:** My mouth is filled with Your praise  
And with Your glory all day long.  
  
**Psalm 71:15:** My mouth shall tell of Your righteousness And of Your salvation all day long;  
For I do not know the sum of them.  
  
**Acts 2:46:** Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart,  
  
**Ephesians 1:16:** do not cease giving thanks for you, while making mention of you in my prayers;  
  
**Hebrews 13:15:** Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.  
  
**Revelation 4:8:** And the four living creatures, each one of them having six wings, are full of eyes around and within; and day and night they do not cease to say, “Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.”

**Quote:**

If a habitual exercise is sometimes omitted out of piety or in the interests of another, it can easily be resumed later. But if it be abandoned carelessly, through weariness or neglect, then the fault is great and will prove hurtful.”

**Discussion:**

You first find an interest in sports and then you condition yourself to play sports. Relationships are similar in that first you find an interest in a person and then you condition yourself to be in relationship with them. What do you find interesting about God and how are you conditioning yourself to be in relationship with God?

To convert a house into a home requires warmth. To build a fire to warm a house requires fuel. What purpose does religious activity fulfill and how do we continuously fuel the passion to perform them?