

How Can I be More Consistent in Bible Reading?

Practical Instruction on Regular Bible Reading

Discussion Questions:

1. What are the activities that you seem to have a hard time keeping up regularly?
2. What are the activities that you seem to always get done?
3. What's sets the activities in question 1 apart from question 2?

Everyone Wants To Be More Consistent At Something...

Do you even have routines? The college life is one of abysmal routine and discipline. In one sense, Bible reading is like any other habit, best developed through consistent practice and regular routines. If you've had a hard time reading the Bible regularly, you may find similar challenges in other areas: studying, exercising, dieting, etc.

Are you a routine's person? Some people by personality (as opposed to discipline or virtue) are more naturally into routines. The challenge for this person is to (1) not become prideful about one's consistency and (2) not become deceived that one is somehow more spiritual by reading the Bible regularly.

Nevertheless, the person who is more consistent in Bible reading will probably grow closer to God than the one who does not.

How Have I Failed?

Consider any previous attempts to stick with it... what didn't happen the way you intended? This is a painful question to ask. We usually don't want to think about it. This can create a progression like this:

1. We want to be more consistent in Bible reading.
2. We make a new commitment.
3. We keep the commitment for a time, but eventually it fades.
4. Repeat steps 2 & 3.
5. Eventually, we stop trying to make a commitment. Why?

I think it's because the consequences for failing to keep the commitments are acceptable, while the consequences for those we do not want to fail are not acceptable.

Make a Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Late Evening							

Where in each day will you plan to read the Bible and for how long?

How will you reward yourself if you do read the Bible?

How will you hold yourself accountable if you don't?

Stick to the Plan

Internal motivators

- A closeness with God that comes from reflecting at length upon His Word.
- Greater vision of God's majesty, glory, and purposes.
- Practical instruction for my daily life.

External motivators

Appointments with other people: One of the best ways that keep my wife reading her Bible is that she reads the Bible with our sons everyday. Our oldest son is doing his first read-thru of the Bible in an standard adult translation. And almost every other day our son would ask her, "Why does the Bible say that?" or "What does that mean?"

A lot of Little Steps...

1. Reading the Bible every day for 2 minutes is probably better than reading it once a week for 1 hour. Why? Because you'll form a habit with one, you'll just get head knowledge with the other. It's easier to increase a daily habit by a few minutes than increase a weekly habit by 6 days.
2. Skip to keep up with a reading plan, and to maintain a sense of progress.

A Preflight Bible Checklist:

1. Prayerfully plan for 1 week to read the Bible at least once a day.
2. Share that plan with another person, probably a Christian would work best.
3. Email that plan to Enoch.
4. Talk to your Christian friends and pray about if the plan is good.
5. Try the plan.
6. Evaluate and modify the plan as needed.