

KNOW YOUR SOURCE – STEPS FOR READING GOD’S WORD DAILY

1. CHOOSE A TIME TO READ EACH DAY

- Choose a time of the day to read and discipline yourself to read every day at that time.
- Choose a time of day that is free from distractions and when you have energy for the task.
- Make the needed life changes and sacrifice to find time if necessary.
- Once you have a time, block your schedule and calendar.
- Make this time device free and screen free – Turn off your phone.

2. CHOOSE A READING PLAN

“If most people would exchange their TV Time for Scripture reading, they’d finish reading the entire Bible in four weeks or less.” (Whitney)

There are 2 main types of Bible reading plans – Chapter Plans and Time Plans.

Time Plans commit to reading for a certain length of time each day. For Example:

- 15 minutes each day will get you through the Bible in a year.
- 30 minutes each day will get you through the Bible in 6 months.

Chapter Plans commit to reading a certain number of chapters each day. For Example:

- Reading 3 chapter every day and 5 on Sunday will take you through the Bible in 1 year.

Variety Chapter Plans have the reader read 1 chapter in multiple books at a time. This provides variety and interest. For Example:

- Read 1 chapter a day in Genesis, Joshua, Job, Isaiah, and Matthew
- Read 1 chapter starting in Genesis, Job, and Matthew (read 2 chapters on Sunday to finish in a year)

3. COMMIT TO ACCOUNTABILITY - READ WITH OTHERS

Like any discipline, you have a far higher chance of success when you commit to the task with others.

- Find at least 1 person to follow the same reading plan with.
 - A Spouse, Good Friend, Roommate, or Mentor are good options.
- Set regular times to check on each other’s progress and to discuss what you have read.

4. COMMIT TO THE PLAN

Like any new commitment, the commitment to daily Bible reading will require the rearranging of priorities and plans, and will require life change and other sacrifices to do it well.

It will take your brain at least 16 weeks to unlearn old habits and to develop the new habit of daily Bible Reading.

This period of transition is often uncomfortable, so be prepared for the hard days.

- Be prepared to say no (to other good things) to say yes to Bible Reading.
- Be prepared in advance for low motivation days.
- Be prepared for the spiritual battle – The adversary does not want you knowing the word.
- Track your progress and celebrate commitment milestones.

5. PRAY & READ - GIVE IT TIME

Once you turn off your phone and devices - and sit down to read - it will take your mind time to slow down.

For this reason, it is best to give yourself at least 30 minutes a day – an hour is even better – for the task of Bible Reading.

- **Begin with Prayer.**
 - Start your reading time in silent prayer.
 - Still your heart and slow your mind. Ask for the Lord's guidance.
 - Do not skip this step - Prayer is the most important first step for Bible Reading.
 - It is OK to sit in silent prayer for 10-15 minutes before you begin reading.
 - The more you slow down and pray at the beginning, the more you will get out of your Bible Reading.

- **Begin Reading**
 - After prayer, begin reading. But, as you read, go slow – don't rush.
 - Choose Bible Reading as an enjoyable activity and helpful opportunity, rather than a task to complete off your to-do list.
 - If you find your mind wandering, say a prayer, refocus, and go back to read what you missed again.
 - It is OK and advisable to re-read a section more than once.

- **Just Read**
 - Bible Reading and Bible Study are two related but different spiritual disciplines.
 - For Bible Reading, just read. Don't take notes or write a journal.
 - Save your writing and note taking for Bible Study (See Week 2 Handout).