

Need help with consistent Bible reading?

By Bob Young

I get it! Been there, had the same problem, same experience.

Daily Bible reading can be a chore – b-o-r i-n-g! Not fun. It often gets no more than a passing glance. A few verses to start the day, a few token verses to end the day – just to say that I did it!

The question is natural. Does reading the Bible every day really help? I can't even remember what I read. You will not be surprised that my answer is, "Yes, daily Bible reading helps!" In fact, it is essential.

Daily Bible reading is often compared to eating meals. You may not remember every meal you have eaten in the past week, but your body received nourishment. Even better – most people enjoy eating! Of course, the nourishment received from eating depends on what one eats – too much junk food is unhealthy!

Paul wrote to the Colossians, "Let the word of Christ dwell in you richly." Another translation says, "dwell within you in abundance." As the Christian is in Christ and Christ is in the Christian, so in the relationship of the Christian to the Word of Christ, the Word of Christ dwells in the Christian and the Christian dwells in the Word of Christ.

The release of my new book *Dwelling in the Word* is only weeks away.

I wrote *Dwelling in the Word* to help Christians avoid spiritual drought and famine.

Dwelling in the Word is a unique Bible reading tool.

- It contains Bible readings from every chapter of the New Testament.
- Therefore, it can be used as a stand-alone reading guide, or as a companion to your own Bible.
- It will guide you through the New Testament in a year, but it doesn't matter when you begin!
- A unique, chronologically-based reading sequence reads through the New Testament in a fresh way.
- A five-days-per-week, no calendar plan helps you stay up with the reading.
- A brief explanation of each chapter helps you understand what you are reading and why it matters.
- Application questions help you reflect on each reading, each chapter.
- A prayer is included for each reading to help you learn how to pray Scripture.
- Reading checklists make it possible to use the book year after year, and several family members can use the book at the same time.

Developing the habit of regular Bible reading is one way a Christian obeys God. God commands his people to dwell in the word (Deut. 6:6-9; Ps. 119:15-16). In-depth Bible reading will let you dive into the Bible and see the bigger picture – God is revealing himself, his character, and his eternal purpose to save the world through Christ. The focus is not on the Word but on God who gave us his Word.

Bible reading that nourishes us includes several things. First, develop a habit or a discipline that is natural. Second, remember the purpose of reading. Helping you keep the purpose in view is one of the great strengths of *Dwelling in the Word*. Third, reading must be applied.

Let me share a warning with you as you commit to reading the Bible. There will be times you simply do not get around to the Bible reading. That is one reason the suggested plan completes the readings in five days each week. When important things (or unimportant things) get in the way, it is easy to catch up.

Finally, here are some suggestions to help you develop the habit of Bible reading.

- ~Try to do it at the same time each day, as part of your daily routine. Morning, evening, or meals work for many.
- ~Turn off interruptions like the cell phone, television, or other media devices.
- ~The checklists will help keep you accountable as you track your progress and catch up when necessary.
- ~The most important thing that can happen in your life is that you will develop a desire, a hungering and thirsting, for the word of God. Awakening that spiritual desire will make your time in the life-giving word of God a blessing and a pleasure. You will soon see results that you may find unexplainable – your life being transformed into the glory and likeness of Jesus Christ.

