

Intro

Small Group Lesson

Why should we read the Bible regularly?

There are many reasons why we should read our Bibles on a consistent basis. But to keep it simple and memorable, we can summarize it into 3 F's:

The 3 F's of Bible Reading

1. Feast - Nourishment

Jesus said that He is the Bread of Life. He is the Word that became flesh (John 1:14). That means when we read the Word, our soul is being fed with the bread of life it desperately needs.

2. Form - Discipleship

God calls us to be holy as He is holy. Reading the Word shapes us into His likeness in character, spirit, and lifestyle.

- The Word doesn't just inform us, it forms us.
- It also "reads us," convicting us of what needs to change and guiding us in how to live.
- John the Baptist prophesied the coming of Jesus Christ expressing that He is the Savior of the World.

3. Fuel - Power Released

The Word of God is alive and powerful (Hebrews 4:12).

- It carries the power to transform, create, and strengthen us.
- It equips us to do what we cannot do in our own strength.

Proven Impact of Reading the Bible

The **Center for Bible Engagement (CBE)** studied 100,000+ people over 8 years. Their research, *The Power of 4 Effect*, revealed a key truth:

Engaging the Bible 4+ times a week leads to real transformation.

- 1–3 times a week showed little change.
- 4+ times a week brought clear, measurable growth.

Key Findings:

- Loneliness: **30% drop**
- Anger Issues: **32% drop**
- Bitterness in Relationships: **40% drop**
- Feeling Spiritually Stagnant: **60% drop**
- Any Bad Habit: **57% lower odds**
- Scripture Memorization: **? Strong increase**
- Sharing faith: **200% increase**
- Discipling others: **230% increase**
- Confidence & hope in hard times: **170% increase**

Essentials for Building a Bible Reading Habit

Here's how you can actually cultivate consistency in the Word:

1. Get a Readable Bible

Not every translation is easy to understand. Start with versions like **NIV, NLT, or The Message**. The KJV is beautiful but can be harder to grasp.

2. Reserve a Time & Place

Habits don't grow by accident. Be intentional:

- Choose a consistent time (morning is best).
- Choose a quiet place with no distractions.

4. Offer Prayer Before & After

The Bible isn't just another book—it's living and active.

- Pray before reading: ask the Holy Spirit for insight.
- Pray after reading: ask God for strength to apply what you've learned.

5. Work a Plan

Don't just flip randomly to a page. Follow a plan (like the Dusty Bible Reading Plan).

- Remember: **quality over quantity**.
- A little each day, consistently, is more powerful than occasional long readings.

6. Track Insights (S.O.A.P. Notes)

S.O.A.P. = **Scripture** – **Observation** – **Application** – **Prayer**

- **Scripture:** Write the verse that stands out.
- **Observation:** What is happening in the passage? What does it reveal about God?
- **Application:** How does this apply to your life today?
- **Prayer:** Ask God for wisdom and strength to live it out.

7. Hold Steady (Patience & Consistency)

Growth is a process. Not every reading will feel "life-changing." But just like daily meals, the Word nourishes your soul even when it doesn't feel spectacular. Over time, you'll see lasting fruit.

Helpful Apps for Your Bible Journey

YouVersion – Read or listen to the Bible, follow plans.

Bible Chat – Ask questions about passages you don't understand. (Chat GPT for scriptures)

Blue Letter Bible – Dive deeper with commentaries and study tools.

Bottom Line: Reading the Bible is vital. It feeds your soul, shapes your character, and fuels your life with God's power. Start small, stay consistent, and let the Word transform you!