

The Importance of Daily Bible Reading

We all know the value of reading the Bible, and we have all been urged to read it daily. Why don't we do it?

Perhaps we need some encouragement! Here are some excerpts from a January 20, 2021 article by Jeff Martin (Lifeway Research) titled "9 Tangible Benefits of Bible Reading for Your Church."

The Center of Bible Engagement did a survey of 40,000 people ages 8 to 80. They wanted to see how people were engaging in Scripture. As they compiled the results, they made a profound discovery they were not even looking for when they originally planned the survey.

The study indicated that when people engaged in the Scripture one time a week, which could include a pastor instructing the congregation to "open your Bibles...", there was negligible effect on some key areas of their life. The same result was true if people engaged in the Scriptures two times a week. The result equaled little to no effect.

Three times a week saw a small indication of life. There was a slight pulse, a faint heartbeat. Something moved in the behavior of the person engaging in Scripture.

The eye opener happened when Bible engagement reached at least four times a week.

A steady climb of impact would have been expected, but that was not the case. The level was basically stagnant over days one and two, with a small bump on day three. But when day four was reached, the effects spiked in an astounding way. The stunning findings included the following:

1. Feeling lonely drops 30%
2. Anger issues drop 32%
3. Bitterness in relationships drops 40%
4. Alcoholism drops 57%
5. Sex outside of marriage drops 68%
6. Feeling spiritually stagnant drops 60%
7. Viewing pornography drops 61%
8. Sharing your faith jumps 200%
9. Discipling others jumps 230%

The research literally leaps off the charts. The findings hammer home the truth that there are profound differences between people who engage the Scripture at least four times a week and those who engage with the Scripture less often. This data is extremely revealing. There is a full-blown effort to keep the followers of Christ from consistently reading the Bible on a daily basis.

It appears that our goal should be to read the Bible every day, then if we actually read it every other day, it will still have a profound effect on our lives! Join us for the **2022 Daily Bible Challenge**.

The 2022 Daily Bible Challenge

WHAT IS THE 2022 DAILY BIBLE CHALLENGE?

The goal of the 2022 Daily Bible Challenge is to encourage men and women to spend time alone in God's Word every day. Anyone is welcome to participate!

WHY SHOULD I READ THE BIBLE EVERY DAY?

If you have ever tried to fly a kite, you know it is designed to soar only when it is securely tethered to someone via a string. Some might think that the kite-string limits the potential of the kite and, therefore, is a hinderance, but the truth is that if the string is cut, the kite will spiral out of control and plummet to the earth. The string is not an option... it is the kite's lifeline!

In the same way, the Bible tells us that God designed us to truly soar only when we are securely tethered to Him. A few of my favorite verses on this topic are:

- Matthew 6:33 ("But seek first his kingdom and his righteousness...")
- John 15:5 ("If a man abides in me and I in him, he will bear much fruit...")
- Matthew 22:37 ("Love the Lord your God with all your heart and with all your soul and with all your mind.")
- Jeremiah 9:24 ("...let him who boasts boast about this: that he understands and knows me...").

So, how do we "seek His kingdom," "abide in Christ," "love God," and "understand" the Almighty? God gave us the Scriptures for this very purpose. As we spend time alone with Him, in His Word, on a regular basis, we allow God's Spirit to speak to us.

It's not something we do just to "check off a list." It's something we do to strengthen our relationship with the God of the universe. It is essential to the way God has designed us and without it we cannot soar!

WHERE DO I BEGIN?

You can begin by finding a Bible Reading Program with which you feel comfortable. Although devotionals, podcasts, online sermons, etc. are great resources, the purpose of The Daily Bible Challenge is to encourage people to make it a habit of specifically reading the Bible itself every day and allowing God to speak through His Word.

If you do not have a program, you are welcome to use the readings of the Daily Bible Challenge that we will email to you each week. This program will take you through the Bible chronologically beginning January 1, 2022.

If you do not start on January 1, no problem. Whenever you choose to begin just follow the assigned reading for that day and move forward with us. If you would rather use another reading program but you'd like accountability, that's perfectly fine, too.

WHAT IS EXPECTED OF ME?

At the beginning of each week, you will receive an email giving you the reading plan for that week (which you may or may not use – your choice). At the end of the week, you are asked to send back an email with the following information:

1. The number of days you were in the Word that week.
2. One or two short sentences explaining what you learned, what stood out to you from your reading, or a question you might have.

Your information is confidential and, while you will be joining others in the Challenge. This is NOT a competition. It is simply a way to help you achieve your goal of being in God's Word while giving you some accountability.

IMPORTANT NOTE:

If you miss a day of reading **DO NOT TRY TO MAKE UP FOR WHAT YOU MISSED.** This is very important! The main reason people stop trying to read through the Bible is because they get behind and become discouraged. Keep in mind that you are not doing this to impress anyone. You are doing this for your own spiritual growth.

HOW DO I BEGIN?

If you'd like to be part of the 2022 Daily Bible Challenge, just contact Gary at garyk@cbmc.com and let him know you want to "take-up" the Challenge or let him know if you have any questions. Then, determine a time and location that works best for you to read each day... that's it!

We hope you will join us for the 2022 Daily Bible Challenge!