

BENEFITS OF REGULAR BIBLE READING

The more often Christians engage the Bible at least four times a week, the more bold they will be in sharing and growing in their faith.

by Jeff Martin

The **Center of Bible Engagement** completed extensive research findings by Arnold Cole, Ed.D. & Pamela Caudill Ovwigho, Ph.D. into a document titled “Understanding the Bible Engagement Challenge: Scientific Evidence for the Power of 4.”

In the study, **40,000** people **ages 8-80**. 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 a **negligible** effect on some key areas in 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.

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%

CONCLUSION:

This mounting evidence of the impact of Scripture on not only the individuals in a society but on the actual underpinnings of an entire society can lead to the findings being discouraging when you find out that most people are **not communicating** to their center of gravity and are cut off, making them **vulnerable to invasion**. But the power of simplicity goes both ways. When a critical node is identified and reengaged, the entire system can be reinvigorated with astonishing and rapid effect.

There is an answer. There is hope. Just keep it simple.

READ THE WORD!