

A PARENT'S GUIDE TO THE SPIRITUAL PRACTICE OF BIBLE READING



What is a spiritual practice?

John Wesley used the phrase “means of grace” to refer to how we actively engage with God. When we do actions like prayer and Scripture reading, we place ourselves in God’s presence and allow him to bring us into a deeper relationship with Jesus.

"The single greatest contribution to raising fully-devoted, Christ-following young adults is regular- not daily or religiously, just regular Bible reading" (Nothing Less, p. 52).

Bible reading is simply spending time in God’s Word - reading alone, listening to the Bible app, reading storybook Bibles, watching Bible videos or shows, or participating in group Bible study.

What are some ways a family can read the Bible together?

- Parents can **model Bible reading** by regularly reading and studying the Bible in full view of their children. (If you are using an app on your phone, make sure your kids know you are not just playing games or watching a show!)
- **Read the Bible together** at a time that works for everyone in the family
- A family **devotional book or Bible reading plan** (such as found on YouVersion) can also be helpful.

Respond to these journal prompts:

1. How does your family currently practice reading the Bible?
2. Who initiates Bible reading in your family? How often do you read the Bible together?
3. Do all the family members participate?
4. What new way would you like to practice Bible reading in your family this month?

Parents Go Deeper: For a great article about Lifeway’s research on reading the Bible at least 4 times a week, scan this QR code to read “9 Tangible Benefits of Bible Reading for Your Church” from Lifeway Research. This link is also available on the Growing Families website.

