

OVERCOMING OBSTACLES



Set specific time and place

Establishing a regular time and place for reading Scripture creates a routine that makes overcoming obstacles much easier. Consistency breeds familiarity, enabling you to focus better and make progress.

STRATEGIZE TO BUILD A BIBLE READING HABIT.

Choose easy-to-understand translation

When tackling complicated material, using an easy-to-understand translation can significantly lessen your cognitive load. This strategy ensures comprehension, reduces frustration, and motivates continued engagement, making it easier to overcome learning obstacles.

Use study aids

Supplementing your main resources with study aids can help you understand Scripture. Get a good study Bible. Use commentaries when needed. Take advantage of the good tools that are available to you.

Engage through journaling/prayer

Journaling or prayer can help process challenges and motivate progress. These reflective practices encourage self-awareness and application. Prayer connects you with the Author of the text you are reading.

Start small (7 minutes daily)

Initiating a new task can be daunting. Start with a manageable chunk of time, like seven minutes daily, to ease into a routine. This technique increases confidence and helps you build a sustainable Bible reading habit.

