

# ROADBLOCKS TO DAILY BIBLE READING

WHEN YOU DON'T FEEL LIKE READING YOUR BIBLE: PAUSE AND EVALUATE YOUR LACK OF DESIRE

## AM I BORED?

- Do I need to change the way I read and/or listen to the Bible?
- Can I pair Bible reading with another enjoyable activity (going for a walk, drinking coffee, listening to soothing music, lighting a candle...)?
- Do I need to break the reading up into smaller portions over the day?

## AM I DISTRACTED?

- Do I need to find or create a less distracting environment?
- Am I feeling overwhelmed by the worries of the day?
- Do I need to write down all my overwhelming/distracting thoughts in a prayer before I begin?
- Do I need to take notes while I read to help me focus?

## AM I CONFUSED?

- Am I struggling to understand what I'm reading?
- Do I need to stop and ask God to give me understanding?
- Do I need to write down my questions as I read?
- Am I ok with not understanding until I can study the text more in-depth at another time?

## AM I DOING TOO MUCH?

- Do I need to adjust my Bible reading goal for this season?
- Is what I am requiring of myself sustainable in the long run?
- Do I need to scale back my routine for the time being until I build up some smaller habits?
- If I keep doing what I'm doing, will I burn out? Do I need to take smaller steps?

## AM I FEELING OK?

- Is my physical health affecting my desire/ability to read?
- Is my mental health affecting my desire/ability to read?
- Do I need to pivot my routine temporarily until I'm feeling better?
- Would praying a Psalm or listening to Scripture being read or sung be gentler on my mind and body today?

## AM I SINNING?

- How am I feeling about God and the Bible right now? Angry? Doubtful? Frustrated? Apathetic?
- Do I truly believe I need God's Word to sustain me today?
- Do I believe that something else is more satisfying than knowing God in his Word?
- Have I stopped and repented of the sins that are holding me back?