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# REPEAT & REFLECT

A SIMPLE BIBLE-READING PLAN



ENCOURAGE MY HOPE



# BUILDING A HABIT

Hello There!

If you've found you've hit a wall with your yearly Bible-reading plan – you are not alone! While I truly believe Read-the-Bible-In-A-Year plans are incredibly valuable, I've found that they aren't the best plans for those who are just starting to build a daily Bible-reading habit. They require too much too quickly for those who are new to reading their Bibles on a daily basis.

But sadly, so many of us are taught that reading through the Bible in a year is the ONLY fruitful way to behold God in his Word on a daily basis. This simply isn't true!

In fact, when it comes to building a Bible-reading habit that lasts, I've found that one of the best methods is also one of the simplest.

I call this Bible reading plan: Repeat and Reflect and it involves three simple steps to help you read God's Word consistently and engage it thoughtfully.

Those steps are:

1. **Picking a book of the Bible to read**
2. **Repeated Reading**
3. **Reflecting on your reading by taking notes**

The following pages explain these steps in more detail, but let me take a moment to explain why this simple method of Bible reading works well:

- There are no time limits or deadlines required with this method. You use the time you have and take as long as you need. This is especially helpful for those who do not already have an established daily Bible-reading habit. The Repeat & Reflect method allows you to start small and go slow which is how all lasting habits are built.
- Repeated reading and note-taking allows you to understand a single book of the Bible better. While this is not an in-depth Bible study, it will certainly help grow your knowledge of and appreciation for a single book of the Bible. When our understanding and appreciation of the Bible grows, so does our desire to spend more time in God's Word.
- The more books you apply this method to, the better you will know the books (and the God) of the Bible. This will make completing a Yearly Bible reading plan easier and more fruitful in the future.
- This method is super simple and requires no special knowledge or tools (other than a printed copy of the text, which is helpful, but not necessary). Anyone can do it!
- Building the skills of Repeating and Reflecting can help you transition to studying the Bible inductively later on. This is the first step in the process!

**Read on to find out how to apply the Repeat & Reflect method to you daily Bible-reading time!**



# 1. PICKING A BOOK OF THE BIBLE

Pick a book of the Bible to “live in” over the next couple of weeks or months. Pick a book that piques your interest and that you are excited to learn more about. If you do not already have a firmly established Bible-reading habit, start with a shorter book of the Bible. The sense of accomplishment you will feel after you complete this simple reading plan with a shorter book will motivate you to persevere in building a Bible-reading habit that will last!

Here are some shorter books from several genres that you might consider starting with. The number of chapters in each book is listed in parentheses:

## POETRY/WISDOM

Psalms (\*see note)  
Lamentations (5)  
Song of Songs (8)  
Ecclesiastes (12)

## NARRATIVE/GOSPELS

Ruth (4)  
Ezra (10)  
Esther (10)  
Nehemiah (13)  
Mark (16)

## PROPHECY

Joel (3)  
Habakkuk (3)  
Jonah (4)  
Malachi (4)  
Daniel (12)

## EPISTLES

Philippians (4)  
Colossians (4)  
Titus (3)  
Hebrews (13)  
James (5)  
Romans (16)

Once you’ve grown comfortable using this simple reading method with shorter books, challenge yourself to read through longer, more difficult books. You will be surprised by how applying the simple tools of repetition and note-taking can unlock beautiful truths from even the most difficult of Biblical texts!

\*\*Note on the Psalms - each Psalm can stand on its own, so you do not need to read through the entire book of Psalms while using this method. You can use the tools of Repeating and Reflecting on select individual Psalms. This is a great way to start becoming comfortable with using this simple Bible-reading method!



## 2. REPEATED READING

Reading through a book of the Bible more than one time is one of the simplest and most fruitful ways to begin to understand the flow and overall message of the book.

With each rereading we notice something new and our understanding and appreciate of the text grows!

If you've chosen to read a larger book of the Bible (such as Genesis, Isaiah, or Jeremiah) you may want to read through the entire book once and then read through smaller sections of the text several times before taking notes. You can use an outline of the text (usually found in the intro pages of a study Bible) to help you break up the text into sections.

If you've chosen to study a shorter book of the Bible (such as Ruth, Colossians, or James), read through the entire book several times. I recommend doing at least one of those read-throughs in a single sitting if possible. For other re-readings of the text, follow some of the suggestions below:

- Read the entire book in one sitting (if appropriate)
- Read it silently to yourself in your favorite quiet spot
- Read it out loud to your kids, roommate, or spouse
- Listen to an audio version of the book in your car or while you exercise
- Read one chapter at a time in between doing chores, during breaks at work, or before or after meals
- Handwrite several passages from the book in a journal or on note cards
- Switch up translations with every read-through



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## 3. REFLECTING

After you've spent some time living with the text, reflect on God's Word by taking notes on the book you've chosen. One of the best ways to do this is on a printed copy of the text that has ample room for underlining, highlighting, and taking notes.

Here are some options for obtaining a printed copy of the book of the Bible you've chosen:

- purchase a Scripture Journal on the book you are reading – you can find Scripture journals with ample room for note-taking at [crossway.org](http://crossway.org) or [csbible.com](http://csbible.com)
- purchase and download a digital note-taking Bible to use on a computer or tablet – you can find one at [crossway.org](http://crossway.org).
- go to a website such as Bible Gateway and copy and paste each chapter of the book you are studying into a word processor – double-space and set wide margins before printing

There is no right or wrong way to take notes. Simply write down any questions or comments that come to mind as you read. You can also note any key words and phrases you come across as you make your way through the text.

Below is a list of possible key words and phrases you might look out for:

- Repeated words and phrases
- Attributes of God
- Lists
- Words you don't understand
- Contrasts/Comparisons
- Commands
- Transition words
- If/Then statements
- Confusing ideas and questions
- Anything that stands out to you
- Genre-specific features
- Promises
- Consequences of sin
- Figures of Speech
- Imagery and Symbolism
- Recurring themes

You can also find comprehensive lists of keywords and symbols to mark for each book of the Bible at [karikingdent.com](http://karikingdent.com).

Don't get caught up in trying to adhere to a certain method. Do whatever kind of note-taking comes intuitively and best helps you reflect on what you are reading.



# LINKS

If you are viewing this page on a PDF Viewer on an electronic device, you can use the links below to access some additional helpful resources:

- [Bible Gateway](#) – numerous translations of the Bible
- [The Gospel Coalition Courses](#) - introductory information and outlines for each book of the Bible
- [The Bible Project](#) - introductory videos on books of the Bible
- [ESV Scripture Journals](#)
- [ESV Digital Scripture Journal](#)
- [CSB Scripture Notebooks](#)
- [Lists of Key Words and Symbols](#)
- [Audio Bible Apps](#)
- [A helpful article on building a Bible-reading habit that lasts](#)



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