

Don't Just Read And Forget – Reflect

Written by CW

Monday, 03 February 2020 20:17

How often do you read God's Word?

Hopefully often or once a day.

Everyone reads the Bible in their own delegated time, but the main simple point is, make sure you give time for The Precious Word Of God, for it is there to help us live our everyday lives.

Reading the Bible can take different amounts of time for each reader. Depending on what book you read, or depending on how you learn scripture. Whatever structured way you read the Bible, the most important thing is that we **don't just read and forget, but reflect.**

Effective learning doesn't just come from reading, but sometimes note taking, writing a synopsis of what you have just read and to see if you have a full understanding or any questions.

Some people reading this might think *"That sounds like STUDY, I don't need to study the Bible, but just read it"*, but does that 'just read it' approach really work and impact on your everyday lives and do you honestly act inwardly and outwardly upon what you read? Most of the time I can honestly say I have to study the Bible and with God's help to understand it.

From a young age, with the love I have for God and wanting to know as much as possible, I have naturally wanted to study the Bible and have got folders full of my Bible notes. Sometimes, I just like to read the Bible and no notes are taken, instead I take some quiet time and reflect on what I read. It can change and different ways can be used to reflect.

I wouldn't say note taking is the only way to imprint God's Word in your minds, it's much more than that, Inevitably we need God to help us learn His sacred word as we have feeble minds, but the main point of this short article is that reflecting on what you have read and meditating (quiet time) is as important as reading God's Word. Why? Because the majority of us all live busy lives or if not busy lives, we fill our heads with everyday passing things (news, social

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media etc.) and that can distract us from what's important: God's word which holds instruction, commandments and His Promises, plus so much more.

Reflecting and asking yourself "*do you understand?*" "*Do you need help to understand further?*" is what God expects of us to do. Unfortunately, if you are an isolated Christian and there isn't anyone around to truthfully interpret the Bible readings or answer questions which puzzle you it can seem disheartening, but remember who your Lord is and His Promises:

Matthew 7:7-8 (AKJV)

- "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

The Lord is there to answer your questions and to help you understand His word. This, along with many other verses, shows God's Promises to His Children. In some instances you might not get your questions answered straight away, but be persistent because God's Word has an amazing efficacy of covering everything no matter what book you start.

In my life if I have questions unanswered, I read a few chapters more and later verses explain previous ones I didn't understand. This can happen weeks later, sometimes years, all in God's good time. The main goal for any Christian is to be persistent and care about what they are reading... and God *expects* this effort.

So, take the time to reflect, take time for your heart to mull over everything. Don't get beaten down by non-understanding, God will reveal it and reflect upon what you learn. If you rush through the Bible, it won't be of any good substance. The more you think about what you are reading, you will release it and this will open a lot of other questions, thoughts and instruct you through your life.

Reflecting and meditating shouldn't be seen as a chore, it is something required of us as Children of God and what you get out of it is spiritual growth, patience and of course understanding. We live on this earth to serve our Lord, so we must be ready and equipped with

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His word when needed. Reflecting helps to remember the important things and helps you apply it to your everyday lives. You won't regret it.

Philippians 4:8 (AKJV)

- Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

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