

Biblical intake is one of the core tenets of the Christian life and a privilege that many believers before us have not had. There have been many periods throughout history—and even today—where people have had little to no access to the Word of God. As I write this, the Pekal people of Indonesia are an unreached group highlighted by Joshua Project. They do not yet have a Bible in their own language. Translation efforts have begun, but no complete work currently exists.

By nothing less than the grace of God, we have been born into a context where there is arguably more access to Scripture than anywhere else in the world. This is a tremendous blessing. Like the faithful servant who was entrusted with five talents, we are called to steward what we have been given. It is both our responsibility and our privilege to immerse ourselves in Scripture and to be shaped and transformed by it.

There are multiple ways to practice biblical intake beyond simply sitting down to read. One significant method is listening to Scripture. Listening allows us to take in large portions of the Bible in a relatively short amount of time. For example, by listening for about 45 minutes a day—roughly the length of a daily commute—it would be possible to go through the entire New Testament in about a month.

Another important practice is memorization and meditation. In contrast to listening, which covers larger sections, this approach focuses on smaller portions of Scripture. It involves revisiting the same passage repeatedly, thinking deeply about it, and allowing it to take root in our hearts and shape our lives.

This month, we encourage you and your group to intentionally practice biblical intake—whether through reading, listening, memorizing, meditating, or even developing a method of your own.