

We hear a lot of advice about how to grow spiritually. But what actions will make the biggest difference?

According to one study, reading the Bible is the number one action you can take to grow. “When it comes to reading the Bible, hands down, this is the input goal that has a direct impact on the total score of all the output goals, or discipleship attributes,” writes Daniel Im in his book *No Silver Bullets*, reflecting on a study by Lifeway Research. Im continues:

*The more an individual did the input goal of reading their Bible, the higher they scored in all of the output goals. So the more you can help your church to read the Bible, the better they are going to be able to obey God and deny self, serve God and others, share Christ, exercise their faith, seek God, build relationships, and be unashamed about their faith.*

That’s the good news: Bible reading is strategically important for spiritual growth.