

Mental Health and Emotional Wellness

Green Acres Baptist Church Summer Bible Study 2020

June 23, 2020

Week Two

Effects of Bible Study

You Tube Title: Bible Matters – 4 Times a Week Impact

<https://youtu.be/wNWvxexMri0> (handout transcribed from You Tube video)

A recent study *was done* by Center for Bible Engagement where they polled 40,000 people to see how we were engaging in scripture. They discovered something that became the profound discovery of the entire study. They weren't even looking for this but it became the highlight of the study.

Study revealed:

When we are in the Scripture 1 time a week - it had a negligible effect on key areas of our life.

When we are in the Scripture 2 times a week - it had a negligible effect.

When we are in the Scripture 3 times a week - there was a blip on the map, a heartbeat, something happened.

Here is the profound discovery:

When we are in the Scripture 4 times a week - it literally spikes off the chart!

At 4 times a week something radically happens!

Behavior that is being effected:

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|--|----------------------------------|
| • Loneliness – drops 30 % | Anger issues – drops 32% |
| • Bitterness in Relationships –drops 40% | Alcoholism – drops 57% |
| • Feeling spiritually stagnant – drops 60% | Viewing pornography – drops 61% |
| • Sharing faith - increases 200 % | Discipling others increases 230% |

Home Assignment - Week Two

Beginning Wednesday, June 24

- Start on page 55 of the workbook (Session 3 – Discontent). Work through p. 69.

Challenge: Read Psalm 119

20 Minutes a Day for the Rest of Your Life!

...revive me by Your word. (vs.25b) I have put my hope in Your word. (vs. 74)