

# QTC561. How to make the Bible your 'hobby' - Part 7. 06 March 2025

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How to make the Bible your 'hobby'. Part 7 - Consistency over Quantity | Malcolm Cox | Quiet Time Coaching Episode 561

## Introduction

In this series, we are exploring how approaching our Bible study as a hobby can make all the difference. Today, I want to talk about something that I hope will **free** and **inspire** you: **the significance of consistent Bible study**.

If you've ever felt overwhelmed by the idea of 'proper' Bible study—maybe thinking you need to read multiple chapters at a time or understand every theological nuance—you're not alone. But here's the truth: **consistency is more important than quantity**.

It makes all the difference when we think about Bible study **not as an academic exercise**, not as a duty to check off, but as a **hobby**—something we do regularly because we love it, not because we have to. Something that nourishes our soul and deepens our walk with God over time.

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## Small Steps, Big Impact

The Bible itself encourages us in this. Consider **Psalm 1:2-3**:

*'But whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.'*

Did you catch that? **Meditation, not speed-reading**.

The Hebrew carries the idea of moaning, speaking, muttering and the act of thoughtful deliberation with the implication of speaking to oneself.

A tree doesn't grow overnight. It thrives through **steady nourishment**, not through sudden bursts of overwatering. Your time in Scripture should feel like that—steady, life-giving, and ultimately transformative.

Jesus, the **master teacher**, invites us into this slow, steady transformation. In **John 15:5**, he says:

*'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.'*

This is about **relationship**, not academic achievement. The goal is not just to **know** the Bible but to **walk** with Jesus in a deeper way.

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## Making the Bible Your Hobby

So, how do we start? Here are a few ideas:

- **Pick one verse, phrase or paragraph.** Just one. Reflect on it throughout the day. Let it linger in your mind and note down what emerges for you.
  - **Set a small goal.** Five or ten minutes a day is better than an hour once a month.
  - **Utilise an intention.** Link your Bible study to another habitual action. For example, "While I am waiting for the kettle to boil for my morning cup of coffee, I will open my Bible and read the next section of Scripture."
  - **Find joy in discovery.** Don't feel pressure to 'master' Scripture. Instead, approach it with curiosity, like a hobby you love exploring.
  - **Be patient.** Some days will feel more 'fruitful' than others. That's okay. Growth happens over time.
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## Question

Does this idea resonate with you? Do you struggle with feeling overwhelmed by Bible study? What small, consistent steps have helped you?

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## Conclusion

Next week, I will offer some further inspiration to help you make the Bible your hobby.

Your brother, Malcolm

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Please add your comments on this week's topic. We learn best when we learn in community.

Do you have a question about teaching the Bible? Is it theological, technical, or practical? Please send me your questions or suggestions. Here's the email: [malcolm@malcolmcox.org](mailto:malcolm@malcolmcox.org).

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By the way, this series was inspired by John Miles' video, which can be viewed at

[https://youtu.be/JcII0RcUXo0?si=\\_d5QhLwOqk2k9cwG](https://youtu.be/JcII0RcUXo0?si=_d5QhLwOqk2k9cwG).

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