

First Things First

BIBLE INTAKE ASSESSMENT

You might be wondering, “Is God’s Word Changing Me?” If so, my prayer is that God uses this assessment to open your eyes to see your life through a Biblical lens. Take your time on this and be prayerful about it. Invite God in by praying “Search me, O God”.

Grant Todd

Instructions: Answer honestly based on your current rhythm with God’s Word. This is not about guilt—it’s about growth. Circle one number per question.

1. HEAD – Understanding God’s Word

“If we never think about God’s Word, it will never change the way we think.”

- I read the Bible consistently.

1 – Rarely 2 – Occasionally 3 – Weekly 4 – Most Days 5 – Daily

- I slow down to ask questions and seek understanding when I read.

1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always

- I ask for help when I don’t understand (from God, my pastor, or leaders).

1 – Never 2 – Rarely 3 – Occasionally 4 – Often 5 – Always

2. HEART – Letting God’s Word Sink Deep

“It is better to apply one word of God than to read 1000 with no response.”

- I reflect on what God is saying to me personally through Scripture.

1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always

- I let the Bible confront my comfort, convictions, and emotions.

1 – Never 2 – Rarely 3 – Occasionally 4 – Often 5 – Always

- I can name a verse or truth I’m currently applying to my life.

1 – No 2 – Not recently 3 – Sort of 4 – Yes 5 – Definitely

3. HANDS – Making Time for God’s Word

“You build your life based on your non-negotiables.”

- I have a set time in my schedule to read the Bible.

1 – No 2 – Sometimes 3 – Inconsistently 4 – Mostly 5 – Absolutely

- I guard my Bible time like I do other priorities (school, sports, work).

1 – Never 2 – Rarely 3 – Sometimes 4 – Mostly 5 – Always

- I treat Bible reading as essential, not optional.

1 – Not at all 2 – A little 3 – Getting there 4 – Mostly 5 – Absolutely

4. LIFESTYLE – Doing the Word, Not Just Knowing It

“The proof of your learning is in your living.”

- I obey what I read, even when it’s hard or unpopular.

1 – Rarely 2 – Occasionally 3 – Sometimes 4 – Often 5 – Always

- I see real fruit in my life from being in God’s Word (patience, boldness, compassion, purity, peace, etc.).

1 – No fruit 2 – Barely any 3 – Some 4 – Good amount 5 – Overflowing

- Others could tell I’m being changed by God’s Word.

1 – Not really 2 – Maybe 3 – Somewhat 4 – Probably 5 – Definitely

TALLY & REFLECT

- **0–20:** You’re likely coasting spiritually. Time to take responsibility and reprioritize God’s Word.
- **21–35:** You’ve got a spiritual spark—fan it into a flame. Build better habits now.
- **36–50:** You’re growing strong. But don’t settle. There’s always more God wants to do in you.

Reflection Questions:

1. What’s the biggest barrier keeping you from daily Bible intake?
2. What’s one thing you can change this week to prioritize God’s Word?
3. What would your life look like if your Bible intake was strong in head, heart, hands, and lifestyle?

7-DAY BIBLE INTAKE CHALLENGE

“From Seed to Fruit”

Each day focuses on one of the four soil types from Matthew 13 and includes a specific habit-building challenge.

Day 1: THE PATH – Understand the Word

Matthew 13:19

Challenge: Pick a passage. Read it slowly twice. Then ask:

What does this mean? What would it look like to live it out today?

Prayer: “God, give me understanding. Help me see what You’re saying and why it matters.”

Day 2: THE ROCKY GROUND – Let It Take Root

Matthew 13:20–21

Challenge: Choose one truth from your reading and write it somewhere visible (mirror, lock screen, etc.).

Reflection: Why is this truth hard for me to stick with when life gets difficult?

Day 3: THE THORNS – Prioritize His Voice

Matthew 13:22

Challenge: Before checking your phone, read Scripture first tomorrow. Build your day around His Word.

Application: Set an alarm labeled “God’s Word First” as a reminder.

Day 4: THE GOOD SOIL – Obey What You Read

Matthew 13:23

Challenge: Apply one thing you read today. Do it immediately.

Share: Text a friend what God showed you or how you're applying it.

Day 5: HEAD – Feed Your Mind

Challenge: Memorize a short verse (Psalm 119:105 or Matthew 6:33).

Repeat it to yourself 3 times throughout the day. Let it shape your thoughts.

Day 6: HEART – Anchor Your Identity

Challenge: Read Ephesians 1:3–10. Highlight every phrase that describes your identity in Christ.

Pick one phrase and repeat it throughout the day.

Day 7: HANDS – Build a Rhythm

Challenge: Plan your next 7 days of Bible reading.

Choose a time, a place, and a plan. Don't wing it—commit to it.