

# Absorb One More: Scripture Absorption Research Brief

## Executive Summary

Believers who engage with the Bible at least four times per week and actively share its truths with others exhibit the highest levels of spiritual vitality, resilience, and disciple-making impact. This "Absorb One More" paradigm builds on historical insights from the Center for Bible Engagement's "Power of 4" research (now owned by Our Daily Bread Ministries), which identified frequent Scripture engagement (4+ days weekly) as a strong predictor of spiritual growth. Building on that foundation, new findings from the Center for Scripture Absorption suggest that transformation reaches its fullest expression only when consistent Bible intake is paired with intentional discipleship—when believers not only receive God's Word but also reveal it to others through mentoring and spiritual conversations.

In the 2025 national SALT Index survey, Christians who followed this integrated model reported significantly higher levels of spiritual health and missional living than those who merely engaged Scripture privately. Absorbing God's Word deeply and sharing it regularly turns personal growth into a multiplying movement of faith.

## Background: The Power of 4 as a Foundation

The Power of 4 was a landmark research insight from the Center for Bible Engagement (CBE) demonstrating that Bible engagement four or more times per week is linked to reduced destructive behaviors and increased positive spiritual practices. While this foundational research is now under the stewardship of Our Daily Bread Ministries, it continues to inform the broader conversation about Scripture's role in discipleship. The Power of 4 findings revealed that individuals who engage Scripture most days are dramatically more likely to resist temptation, experience emotional stability, and act out their faith—showing evidence of genuine transformation.

Despite these findings, many churches observed that personal engagement with Scripture alone did not always result in active disciple-making. This gap led to a new line of inquiry: Why are Scripture-engaged believers not always helping others grow?

## The Reveal Step: Discipleship as the Missing Link

The Center for Scripture Absorption identified a "missing link" in many believers' spiritual lives: although regularly engaging Scripture, they often stopped short of discipling others.

These "non-discipling Christ-followers" have personal knowledge and maturity but are not contributing to the spiritual growth of others. Without sharing or mentoring, transformation remains isolated. The research highlighted the importance of the fourth step—Reveal—in the Receive, Reflect, Respond, Reveal cycle. Reveal is the outward, relational component of faith, where personal growth becomes shared growth, fulfilling the biblical vision of generational discipleship.

Defining Scripture Absorption: Receive, Reflect, Respond, Reveal

Scripture Absorption is a deeper model of engagement comprised of four interrelated steps:

- Receive – Regular intake of Scripture through reading or listening.
- Reflect – Thoughtful meditation and personal internalization.
- Respond – Active obedience and life application.
- Reveal – Passing on biblical truths through discipleship, mentoring, and conversations.

This full cycle encourages transformation that multiplies. When believers absorb God's Word and reveal it to others, they move from private faith to catalytic influence.

Empirical Evidence from the 2025 SALT Index

The SALT Index (Scripture Absorption and Life Transformation), created by the Center for Scripture Absorption, offers empirical validation for this model. It reveals that Christians who engage Scripture at least four times weekly and also disciple others—practicing "Absorb One More"—experience the highest levels of spiritual vitality, emotional health, and outward impact.

Among surveyed adults, those who both absorbed and shared Scripture were more likely to:

- Report spiritual joy and purpose
- Attend church regularly
- Volunteer and give generously
- Actively mentor or disciple another person

By contrast, believers who only engaged Scripture personally (without discipling others) showed strong internal growth but significantly less external fruitfulness. The SALT data

suggests that personal transformation is necessary but not sufficient. True maturity is marked by spiritual reproduction.

### Theological Grounding: From Abiding to Multiplying

This model reflects Jesus' teaching in John 15 about abiding in the Word and bearing fruit. It echoes James 1:22's call to be doers, not hearers only, and aligns with Paul's instruction in 2 Timothy 2:2 to entrust teaching to faithful individuals who will teach others. Absorb One More captures the essence of Scripture-driven, relational discipleship: hear, obey, and pass it on.

### Implications for the Church

The discipleship deficit in the U.S. Church is not due to lack of access but a lack of relational transmission. Encouraging believers to go one step further—Absorb One More—can turn personal faith into community transformation. Pastors and leaders are challenged to create cultures where Bible engagement naturally leads to mentorship and multiplication.

### Conclusion

Absorb One More is a call to deepen Scripture habits and disciple others. It challenges every believer to move beyond private devotion toward outward discipleship. By living out Receive, Reflect, Respond, and Reveal, believers not only grow in Christ but help others do the same—closing the discipleship gap and advancing the Kingdom.

Disclaimer: The Power of 4 research referenced here was originally conducted by the Center for Bible Engagement (CBE) and is now the intellectual property of Our Daily Bread Ministries.

### Sources:

- SALT Index 2025, Center for Scripture Absorption
- Internal Briefs, Center for Scripture Absorption (2024–2025)
- Scripture Absorption Model Overview, Back to the Bible
- Historical Power of 4 White Papers, CBE (pre-2023)