

**The Power of Speed Reading: A Biblical Perspective**

Reading is a fundamental skill that allows us to acquire knowledge, gain wisdom, and grow spiritually. In today's fast-paced world, where we place content readers in most of our articles, the ability to read quickly and efficiently has become increasingly valuable. Speed reading, a technique that involves reading paragraphs or entire sections of text without pronouncing each word in the mind, can significantly enhance our reading capabilities. By focusing on capturing concepts rather than individual words, we can improve our comprehension and retention, ultimately becoming better readers. From a Biblical perspective, the benefits of speed reading align with the principles of wisdom, diligence, and effective stewardship of our time.

**The speed reading course I took** years ago has become an indispensable tool in my daily routine. Through this course, I learned to quickly scan and capture the main concepts of text without subvocalizing each word, which significantly enhanced my reading speed and comprehension. By using techniques like paragraph Z reading and guiding my eyes with a pointer, I can process large amounts of information efficiently and retain key insights. This skill has proven invaluable in both my professional and personal life, enabling me to stay informed, make well-rounded decisions, and continuously expand my knowledge base. The ability to read swiftly and effectively is now a cornerstone of my productivity and intellectual growth.

**Embracing the Skill of Speed Reading:** Proverbs 4:7 says, "The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding." Speed reading enables us to acquire wisdom more efficiently by processing large volumes of information in a shorter amount of time. This skill allows us to maximize our learning potential, making the most of every opportunity to grow in knowledge and understanding. By developing our ability to read quickly, we can study Scripture, theological writings, and other valuable resources more effectively, deepening our faith and spiritual insight.

**Scanning and Capturing Concepts:** One of the key principles of speed reading is to let our eyes scan the text and capture the main concepts without subvocalizing each word. Philippians 4:8 encourages us to focus on what is true, noble, right, pure, lovely, and admirable. When we train our eyes to move swiftly across the page, we can identify the essential themes and ideas, allowing us to concentrate on the most important aspects of the text. This approach helps us gain a clearer understanding of the material and fosters a deeper connection with the content.

**Concentration and Focus:** Effective speed reading requires concentration and the ability to avoid distractions. Hebrews 12:1-2 reminds us to "run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." Just as we are called to focus on Christ, we must also cultivate the discipline to focus on our reading without being sidetracked by external factors. By eliminating distractions and concentrating fully on the text, we can enhance our comprehension and retain the information more effectively.

**Using a Pointer or Finger for Capture Reading:** Another technique in speed reading is to use a pointer or finger to guide our eyes along the text. This method helps train our brain to capture groups of words and phrases rather than reading word for word. Proverbs 16:3 advises, "Commit your works to the Lord, and your plans will be established." By committing to this practice, we can establish a more efficient reading routine that enables us to grasp the main ideas quickly and accurately. Using a pointer or finger can also improve our reading speed and reduce the tendency to backtrack, further enhancing our efficiency.

**Biblical Application of Speed Reading:** The benefits of speed reading extend beyond mere academic or professional pursuits. As believers, we are called to be diligent in our study of Scripture and our pursuit of godly wisdom. **2 Timothy 2:15** instructs, "Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth." Speed reading can aid us in our devotional practices, allowing us to read and meditate on larger portions of Scripture and other spiritual resources. This increased exposure to God's Word can deepen our understanding, strengthen our faith, and equip us to live out our calling more effectively.

**In conclusion**, the power of speed reading, viewed through a Biblical lens, lies in its ability to enhance our reading capabilities, improve our comprehension, and deepen our spiritual growth. By embracing techniques such as scanning for concepts, concentrating without distractions, and using a pointer for capture reading, we can become more efficient and effective readers. This aligns with the Biblical principles of wisdom, diligence, and stewardship, enabling us to make the most of our time and opportunities to grow in knowledge and faith. As we develop our speed reading skills, we can better equip ourselves to fulfill our God-given calling and make a positive impact in the world.

If you or your workers are lazy readers, your challenge will be to hold their feet to the fire of organic text reading while double-checking their retention level. So, the work starts with you.

-Dr. Stephen Phinney