



Research Article

Influence of Bible Reading on the Spiritual Lives of Born-Again Christian Students in USM-Kidapawan City Campus

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Abstract

This study examined the influence of Bible reading on the spiritual lives of Born-Again Christian students from first to fourth year in the Bachelor of Secondary Education major in Social Studies program at the sUniversity of Southern Mindanao – Kidapawan City Campus. Specifically, it aimed to explore how regular engagement with Scripture shapes their spiritual growth, beliefs, and daily practices. Guided by the belief that the Bible serves as a vital foundation for faith formation and moral guidance, this research sought to understand the transformative role of personal Bible reading in nurturing one's spiritual development. The study employed a descriptive quantitative research design to determine the extent to which Bible reading impacts the participants' spiritual lives. Data were collected using a self-constructed and validated checklist questionnaire administered to selected Born-Again Christian students across different year levels. Findings revealed that consistent Bible reading significantly influences students' spiritual growth by deepening their faith, strengthening their moral convictions, and fostering a more active engagement in prayer, worship, and ministry participation. Moreover, respondents reported that regular reflection on Scripture provides encouragement, emotional stability, and spiritual discernment in facing life's challenges. The study concludes that Bible reading plays an essential role in shaping the spiritual identity and character of Born-Again Christians, highlighting its importance as a lifelong spiritual discipline. The results contribute to the broader understanding of Christian spirituality, emphasizing the Bible's continuing relevance in personal transformation and faith-based living.

Keywords: Bible reading, born again, spiritual growth, spiritual life



1. Introduction

In today's fast-paced and digitally driven world, setting aside time to read and reflect on the Bible has become increasingly difficult for many individuals, even among devout Christians. The demands of work, study, and social life often compete with spiritual practices, resulting in declining engagement with Scripture (Miner et al., 2015). According to (Kunjumon, 2025a), more than half of individuals surveyed have read only a small portion of the Bible, while fewer than half of regular churchgoers engage with it consistently. Similarly, (Perry & McElroy, 2020) poll reported that many Christians demonstrate minimal interaction with the Bible, which prevents them from fully understanding its teachings and applying them meaningfully in their lives. This growing disinterest in Bible reading raises significant concern about its impact on the spiritual lives of believers, particularly among the younger generation who are more exposed to modern distractions and secular influences (Richardson & Pardun, 2015; Umeanwe, 2025).

Globally, several studies have explored various dimensions of Christian spirituality and faith formation. Research conducted in the United States and Europe emphasizes the role of Scripture reading in moral development and spiritual resilience (Zalukhu, 2025a). In Africa, (Zalukhu, 2025b) found that consistent Bible reading fosters a sense of purpose and spiritual strength among Christian youth. Meanwhile, (Hwang, 2024) highlighted in an Asian context that Bible reading helps young believers build moral grounding and maintain community harmony. However, (Rothausen, 2017) noted that while many studies assess church leadership and community activities as key factors in spiritual development, only a few have examined the personal act of Bible reading as an independent variable influencing spiritual life (Ovwigho et al., 2016a).

In the Philippine context, the (Tatel-Suatengco & Florida, 2020) revealed that while most Filipino households own a Bible, only a minority read it regularly. As (Ntsanwisi, 2023) further emphasized that young Christians often limit their Scripture engagement to church activities rather than personal reflection. Similarly, (Lumista et al., 2025) found that Filipino youth value the Bible's teachings but lack consistent reading habits due to limited time, resources, and spiritual mentoring.

Locally, within the areas in Mindanao, (San Pascual et al., n.d.) church-based programs focus more on worship and fellowship than on strengthening personal devotional practices, leaving a gap in understanding how individual Bible reading influences faith formation among Born Again Christians.

Given these findings, there remains a significant research gap concerning the relationship between Bible reading and personal spiritual growth among Born Again Christian students in higher education institutions. While existing literature highlights the importance of pastoral guidance and community worship, few studies have explored how personal Bible reading shapes one's beliefs, practices, and overall spiritual maturity (Buku, 2024)

Addressing this gap, the present study seeks to determine the influence of Bible reading on the spiritual lives of Born Again Christian Social Studies students at the University of Southern Mindanao–Kidapawan City Campus. Specifically, it aims to identify the reasons behind their Bible reading practices and assess its impact on their spiritual growth, beliefs, and daily Christian living.

This study holds great significance for students, educators, and religious communities. For students, it provides insights into how consistent engagement with Scripture can lead to deeper faith, stronger values, and moral discernment. For religious organizations and ministries, it encourages the promotion of personal devotion and structured Bible study programs to reinforce spiritual formation.

For future researchers, this study contributes to the growing body of literature on Christian spirituality and personal faith development, emphasizing the vital role of Scripture reading in nurturing one's relationship with God and shaping a spiritually resilient generation (Kunjumon, 2025b; Olusegun, 2024; Zalukhu, 2025c).

2. Materials and Methods

2.1. Research Design

This study employed a descriptive quantitative research design to explore the reasons behind Bible reading and its perceived influence on the spiritual lives of Born-Again Christians. Specifically, it aimed to examine how Bible reading impacts individuals in terms of spiritual growth, beliefs, and religious practices.

Descriptive research is used to systematically describe a phenomenon by collecting quantifiable information from a sample population (Barro et al., 2025; Colarte et al., n.d.; Creswell & Creswell, 2017; Kim et al., 2017). This method is appropriate when seeking to understand patterns, attitudes, and behaviors through measurable data (Nassaji, 2015).

Quantitative methods allow researchers to quantify variables and analyze statistical relationships, providing objective insights into the role of Bible reading in personal spirituality (Burson, 2021). By using this approach, the study aims to present a clear picture of the respondents' engagement with scripture and the

spiritual outcomes associated with this practice. The design also supports generalizability within the population studied, provided the sampling method ensures representativeness (Rudolph et al., 2023).

2.2. Respondents and Sampling Procedure

The respondents of this study were fifty (50) Born Again Christian students enrolled in the Bachelor of Secondary Education major in Social Studies, from first year to fourth year levels, at the University of Southern Mindanao – Kidapawan City Campus (USM-KCC), under the College of Industry and Technology. The study was conducted within the university premises.

A simple random sampling technique (Noor et al., 2022) was employed to select participants from the list of eligible students who identified as Born Again Christians. This method ensured that each member of the population had an equal chance of being selected, thereby minimizing selection bias and enhancing the representativeness of the sample (Mweshi & Sakyi, 2020). Simple random sampling is widely recognized in quantitative research for its reliability in producing statistically valid data when the sampling frame is well-defined and accessible (Creswell & Creswell, 2018).

2.3. Research Instruments

The primary research instrument used in this study was a self-constructed survey questionnaire designed to assess the reasons for Bible reading and its perceived influence on the spiritual lives of Born Again Christians. The questionnaire consisted of twenty-five (25) items focused on three key dimensions: spiritual growth, beliefs, and religious practices.

To quantify responses, the researcher employed a 5-point Likert scale, with the following options: Extremely Influential (EI), Very Influential (VI), Moderately Influential (MI), Slightly Influential (SI), and Not Influential at All (NI). The Likert scale is a widely used psychometric tool in social science research that allows for the measurement of attitudes and perceptions by capturing the intensity of respondents' opinions.

The questionnaire underwent expert validation to ensure its content validity and clarity, and it was pilot-tested before final administration to ensure reliability and comprehensibility among the target respondents.

2.4. Data Collection and Analysis

Prior to data gathering, the researcher sought the approval of the research adviser to ensure the study's alignment with ethical and academic standards (Techagaisiyavanit et al., 2025). Upon receiving approval, formal permission was requested from the Campus Dean of the University of Southern



Mindanao–Kidapawan City Campus to conduct the study among the identified respondents. After securing the necessary authorization, the researcher administered the survey questionnaire to the selected participants, accompanied by an informed consent form explaining the study’s purpose, voluntary participation, and confidentiality of responses, consistent with the ethical research guidelines.

The collected data were systematically tabulated, analyzed, and interpreted using descriptive statistical tools, particularly frequency count and mode, to determine the most common responses among participants (Alem, 2020; Babariya & Gohel, 2017). These statistical methods were deemed appropriate for summarizing categorical data and identifying prevailing patterns in respondents’ perceptions, ensuring accuracy and reliability in the presentation of results (Azen & Walker, 2021; Mbanaso et al., 2023).

2.6. Ethical Considerations

The study strictly followed ethical research standards to ensure the protection, dignity, and rights of all participants. Prior approval was obtained from the research adviser and Campus Dean before data collection. Participation was voluntary, and informed consent was secured from all respondents, who were assured of their right to withdraw at any time without consequence (Leavy, 2022). Confidentiality and anonymity were maintained by excluding personal identifiers and securing all data for academic purposes only (Gholami et al., 2015).

The researcher also observed cultural and religious sensitivity by respecting participants’ beliefs and ensuring that all questions were neutral and nonjudgmental. The study adhered to the ethical principles of respect for persons, beneficence, and justice as outlined in the Belmont Report (Tariq, 2025).

3. Results

3.1 Reason of Bible Reading on Spiritual Lives of Born-Again Christians

The findings of the study revealed that Bible reading holds an extremely influential role in the spiritual lives of Born-Again Christians, as reflected by the overall mode of 5 across all statements. This indicates that respondents strongly agree that engaging with Scripture deeply impacts their faith, emotional well-being, and relationship with God. Notably, the statements “I feel a sense of peace and comfort when I engage with the Bible, especially during challenging times in my spiritual journey” and “I have found that reading the Bible helps me cultivate a heart of gratitude and a spirit of thankfulness for God’s blessings in my life” received the highest responses, with 37 participants identifying them as extremely influential.

This result implies that Bible reading functions as both a source of emotional comfort and spiritual encouragement, especially during times of uncertainty or distress. Consistent with (Caroline, n.d.), Scripture engagement fosters spiritual resilience and inner peace, allowing believers to find stability in faith despite life's adversities. Similarly, (de Neve, 2025) asserts that regular reflection on the Word of God provides individuals with emotional regulation, gratitude, and a sense of divine assurance in daily living. In contrast, the statement "I have experienced spiritual renewal and a sense of spiritual refreshment when I prioritize Bible reading in my life" received the lowest rating, with 27 respondents selecting it as extremely influential. This finding suggests that while believers acknowledge the value of Scripture, some may not fully experience spiritual renewal due to inconsistent practices of prayer, meditation, and reflection.

As (Carr-Chellman & Kroth, 2020) emphasizes that genuine spiritual growth requires both study and meditation—reading the Bible without deep reflection may lead to intellectual understanding but limited transformation. Spiritual renewal, therefore, is not merely about reading but about internalizing and living out biblical principles (Teo, 2017). The results imply that Bible reading among Born-Again Christians serves as a foundational practice for developing faith, gratitude, and resilience, aligning with studies by (Jankowski et al., 2022; Ovwigho et al., 2016b), which highlight that consistent engagement with Scripture correlates with higher spiritual well-being and stronger moral convictions. Moreover, it fosters a sense of connectedness with God and reinforces communal faith identity (King, 2019a). The implications of these findings suggest that Bible reading should not only be encouraged as a personal devotion but also integrated with reflective practices such as meditation, prayer, and group study to achieve holistic spiritual transformation.

Overall, the study affirms that Bible reading is profoundly influential in the spiritual lives of Born-Again Christians. It nurtures their faith, strengthens their moral compass, and provides emotional and spiritual stability.

Beyond being a religious discipline, Bible reading acts as a transformative tool that deepens believers' understanding of God's character, promotes gratitude and peace, and sustains hope amid life's trials—echoing the core Christian belief that the Word of God is both living and active, shaping lives toward spiritual maturity (Hebrews 4:12).

Table 1. Reasons of Bible Reading on Spiritual Lives of Born-Again Christians.

Statements	Frequency					Mode	Qualitative Description
	5	4	3	2	1		

1. I have found that reading the Bible deepens my understanding of God's character and His plan for my life.	36	7	5	2	0	5	Extremely Influential
2. I have noticed that Bible reading helps me develop a closer relationship with God.	35	9	1	4	1	5	Extremely Influential
3. I feel a sense of peace and comfort when I engage with the Bible, especially during challenging times in my spiritual journey.	37	7	4	1	1	5	Extremely Influential
4. I have experienced personal growth and transformation wisdom, and guidance found in the scriptures.	30	13	4	2	1	5	Extremely Influential
5. I found that reading the Bible inspires me to live a life aligned with my spiritual values and principles.	32	11	5	1	1	5	Extremely Influential
6. I have found that reading the Bible strengthens my faith and helps me stand firm in the face of doubts and challenges.	31	3	3	2	1	5	Extremely Influential
7. I have found that reading the Bible helps me cultivate a heart of gratitude and a spirit of thankfulness for God's blessings in my life.	37	8	3	1	1	5	Extremely Influential
8. I have felt a greater sense of hope and optimism as I read the Bible.	32	11	5	1	1	5	Extremely Influential
9. I have found answers to my questions and guidance for decision making through the wisdom shared in the Bible.	28	14	5	2	1	5	Extremely Influential
10. I have experienced spiritual renewal and a sense of spiritual refreshment when I prioritize Bible reading in my life.	27	15	2	1	1	5	Extremely Influential
General Mode						5	Extremely Influential

Legend:

RANGE	SCALE	DESCRIPTION
4.20-5.00	5	Extremely Influential
3.40-4.19	4	Very Influential
2.60-3.39	3	Moderately Influential
1.80-2.59	2	Slightly Influential
1.00-1.79	1	Not Influential at all

3.2 Influences of Bible Reading on individuals in terms of Spiritual Growth

The findings in Table 2 reveal that Bible reading holds an extremely influential impact on individuals' spiritual growth, as reflected by the general



mode of 5. This suggests that respondents unanimously perceive the consistent reading of Scripture as a vital factor that nurtures and sustains their faith. The result underscores that Bible reading is not merely a religious activity but a foundational practice in deepening one's relationship with God and cultivating a spiritually grounded life.

Among the five statements under this category, the highest-rated response was statement number one (1), "I believe that Bible reading is essential for nurturing spiritual growth and deepening one's faith," which garnered 38 respondents rating it as extremely influential. This indicates that participants firmly recognize Scripture reading as central to personal transformation and faith maturity. According to (Reaves, 2024a) daily engagement with the Word allows individuals to experience God's character, understand His promises, and internalize His wisdom, leading to continuous spiritual renewal and growth. Through Bible reading, believers develop not only intellectual knowledge of God's Word but also an experiential understanding that strengthens faith, provides moral clarity, and fosters intimacy with the Divine.

In contrast, the lowest-rated statement, "I have personally experienced profound transformation and spiritual insight through Bible reading," received 31 responses as extremely influential. While this still indicates a strong recognition of the Bible's transformative power, it implies that some individuals may not fully experience spiritual transformation due to surface-level reading or lack of deeper application.

As research of (Yong, 2017) supports this interpretation, asserting that reading Scripture without reflection or the guidance of the Holy Spirit limits its transformative capacity. True spiritual growth occurs when the reader allows the Holy Spirit to illuminate the meaning of the text and translate biblical principles into lived experiences. Similarly, (Queen, 2023) emphasizes that spiritual formation through Scripture involves not just intellectual comprehension but also meditation, obedience, and application—allowing the Word to shape character and align one's actions with God's will.

The implications of these findings point to the integral role of Bible reading in spiritual maturity, particularly among Born-Again Christians who view Scripture as both an anchor and guide in faith. Regular and meaningful engagement with the Bible fosters virtues such as humility, patience, compassion, and hope—qualities essential for holistic spiritual development. Studies by (Chapman, 2025; Schnitker et al., 2017) further affirm that consistent Bible reading correlates with greater life satisfaction, moral integrity, and emotional resilience. Additionally, (Reaves, 2024b) highlights that active Bible engagement enhances spiritual insight, enabling believers to discern purpose, resist moral compromises, and experience divine peace amidst challenges.

Overall, the findings affirm that Bible reading profoundly influences the spiritual growth of Born-Again Christians, shaping their beliefs, values, and behaviors in alignment with biblical teachings (Chery, 2023). It cultivates a stronger faith foundation, deepens the believer's relationship with God, and nurtures a life centered on spiritual purpose and service.

When practiced with reflection and spiritual openness, Bible reading becomes not only an intellectual exercise but a transformative encounter that molds individuals into mature, faithful, and purpose-driven Christians. This underscores the enduring truth that Scripture remains a living guide—an ever-relevant source of wisdom and renewal that continues to sustain believers' spiritual journeys (2 Timothy 3:16–17).

Table 2.1 Influences of Bible Reading on individuals in terms of Spiritual Growth

Statements	Frequency					Mode	Qualitative Description
	5	4	3	2	1		
1. I believe that Bible reading is essential for nurturing spiritual growth and deepening one's faith.	38	7	4	0	1	5	Extremely Influential
2. I have personally experienced profound transformation and spiritual insight through Bible reading.	31	11	5	2	1	5	Extremely Influential
3. I find that immersing myself in the Word of God through reading and reflection brings clarity, peace and direction to my spiritual life.	35	10	3	1	1	5	Extremely Influential
4. I feel a sense of connection with God and a deepening of my relationship with Him when I spend time for Bible reading.	36	6	6	1	1	5	Extremely Influential
5. I recognize the positive impact that Bible reading has on my attitudes, perspectives, and actions that leads to a more aligned and purposeful life guided by faith.	37	8	2	1	2	5	Extremely Influential
General Mode						5	Extremely Influential

Legend:	RANGE	SCALE	DESCRIPTION
	4.20-5.00	5	Extremely Influential
	3.40-4.19	4	Very Influential
	2.60-3.39	3	Moderately Influential
	1.80-2.59	2	Slightly Influential
	1.00-1.79	1	Not Influential at all

3.3 Influences of Bible Reading on Individuals in terms of Beliefs

The findings presented in Table 2.2 reveal that Bible reading exerts an extremely influential impact on individuals' beliefs, as shown by the general mode of 5. This consistent rating across all statements indicates that respondents view Scripture as a central foundation shaping their moral and spiritual convictions.

The results suggest that engaging with the Bible not only reinforces doctrinal understanding but also nurtures a deeper personal commitment to one's faith. It implies that Born-Again Christians consider Bible reading a vital process in developing belief systems rooted in divine truth rather than human reasoning. The Bible provides spiritual guidance, clarity, and conviction—allowing individuals to build their worldview upon the teachings and promises of God.

Among the five statements under this dimension, statements 1, 2, and 5—namely, “I found that Bible reading strengthens my beliefs by providing a solid foundation rooted in the Scripture,” “I feel a sense of conviction and clarity in my beliefs as I delve deeper into the Word of God,” and “I believe that the influences of Bible reading on my beliefs extend beyond knowledge to a transformation of my life”—garnered the highest ratings, each with 34 respondents selecting them as extremely influential.

This demonstrates that reading the Bible enables individuals to find certainty in their faith, confidence in their moral convictions, and transformation in their spiritual identity. In the study of (Jacko, 2019) emphasized that communal and individual engagement with Scripture enhances spiritual understanding, helping believers discern God's will through reflection and shared interpretation. In a faith community, Bible reading becomes not just a personal act but a collective journey that strengthens both personal beliefs and communal faith identity (King, 2019b). The integration of shared insights deepens understanding, providing a more comprehensive grasp of Christian teachings and encouraging believers to live according to biblical values.

Conversely, statement number 4, “I experience a deepening of my spiritual convictions and a firmness in my beliefs when I engage in Bible reading,” received the lowest mode, with only 30 respondents rating it as extremely influential. While still highly rated, this may indicate that some

individuals engage in Bible reading more for ritual or intellectual purposes rather than spiritual conviction.

As (Muloongo, 2025) notes, daily Bible reading must be accompanied by obedience and meditation to achieve true transformation. Simply reading the text without reflection or application may not lead to meaningful growth in belief or conviction. The Word of God must be internalized and lived out in daily experiences to bring about deepened faith and moral strength (Schnitker et al., 2019).

The implications of these findings affirm that Bible reading is not only an informational practice but a transformational spiritual discipline that molds the belief systems of Born-Again Christians. It serves as a moral compass that directs decision-making, cultivates discernment, and reinforces trust in divine wisdom (Lau et al., 2015; Smith, 2025). When approached with an open heart and spiritual awareness, Bible reading helps individuals align their beliefs with biblical truths, resulting in a life characterized by faith, integrity, and compassion. Studies further support this finding, showing that consistent Scripture engagement strengthens moral reasoning, enhances well-being, and fosters a more purpose-driven life. Similarly, (Agaibi, 2018) emphasizes that the Bible provides believers with a coherent framework for understanding the world, interpreting experiences, and cultivating resilience through faith.

Overall, the results highlight that Bible reading profoundly influences the beliefs of Born-Again Christians, grounding them in biblical truth, nurturing spiritual confidence, and guiding them toward a life of faith and obedience. Through Scripture, individuals not only reaffirm their theological convictions but also undergo moral and spiritual transformation that transcends intellectual knowledge—turning belief into lived faith and shaping a Christ-centered worldview.

Table 2.2. Influences of Bible Reading on Individuals in terms of Beliefs

Statements	Frequency					Mode	Qualitative Description
	5	4	3	2	1		
1. I found that Bible reading strengthens my beliefs by providing a solid foundation rooted in the scripture.	34	9	5	1	1	5	Extremely Influential
2. I feel a sense of conviction and clarity in my beliefs as I delve deeper into the Word of God.	34	10	3	2	1	5	Extremely Influential

3. I notice a shift in my perspectives and values as I allow the truths of the Bible to shape and mold my understanding of faith and life.	31	13	3	2	1	5	Extremely Influential
4. I experience a deepening of my spiritual convictions and a firmness in my beliefs when I engage in Bible reading.	30	13	5	1	1	5	Extremely Influential
5. I believe that the influences of Bible reading on my beliefs extend beyond knowledge to a transformation of my life.	34	9	5	1	1	5	Extremely Influential

General Mode	5						Extremely Influential
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Legend:	RANGE	SCALE	DESCRIPTION
	4.20-5.00	5	Extremely Influential
	3.40-4.19	4	Very Influential
	2.60-3.39	3	Moderately Influential
	1.80-2.59	2	Slightly Influential
	1.00-1.79	1	Not Influential at al

3.4 Influences of Bible Reading on individuals in terms of practices

The findings in Table 2.3 indicate that Bible reading exerts an extremely influential impact on individuals' practices, with a general mode of 5. This result suggests that consistent engagement with Scripture significantly shapes personal behavior, decision-making, and social interactions. All statements received ratings of "extremely influential," implying that respondents strongly believe Bible reading translates spiritual understanding into moral and ethical living.

In Christian contexts, this influence extends beyond private devotion—nurturing compassion, community connection, and a lifestyle consistent with biblical principles. Reading the Bible serves not only as a source of comfort and wisdom but also as a guide that encourages believers to embody values such as humility, kindness, honesty, and service to others.

Among the five statements, statement number three (3)—“I see a transformation in my behavior and interactions with others as I seek to emulate the love, kindness, and compassion modeled in the Scripture”—received the highest rating, with 34 respondents marking it as extremely influential.

This finding highlights the transformative role of Bible reading in cultivating Christ-like behavior. In the study of (Reaves, 2024c) emphasized that consistent Scripture reading fosters inner renewal, shaping the believer's character and behavior to reflect Christ's love. When motivated by a sincere desire to know and love Jesus, daily engagement with Scripture deepens



empathy, self-control, and interpersonal compassion. Such behavioral transformation is a key marker of authentic spiritual maturity, demonstrating that faith is lived through daily conduct.

Meanwhile, statements 1, 2, 4, and 5—including “I have noticed a positive change in my daily practices and habits as I apply what is being stated by the Bible,” “I find that incorporating Bible reading into my daily routine helps me stay grounded in faith and prompts me to live out my beliefs,” “I strive to align my actions and decisions with biblical values and principles,” and “I recognize the importance of translating my faith into practical deeds and service inspired by the teachings found in the Bible”—were also rated as extremely influential by 31 respondents each.

These results affirm that Bible reading strengthens moral consciousness and provides practical guidance for daily life. According to (GUS, n.d.), true engagement with Scripture involves not only hearing but applying God’s Word.

Transformation occurs when believers internalize biblical teachings, allowing them to influence how they work, relate, and make ethical decisions. This process turns knowledge into practice, faith into action, and belief into service—manifesting the essence of lived Christianity.

The implications of these findings are clear: Bible reading serves as a catalyst for moral and behavioral transformation. It promotes a faith-driven way of life anchored in biblical values, encouraging believers to act with integrity, compassion, and purpose.

Through continuous reflection on Scripture, individuals develop a moral compass that informs their decisions and behavior, leading to holistic growth and spiritual maturity.

As noted by (Kunjumon, 2025c), habitual engagement with the Bible strengthens not only personal discipline and resilience but also enhances prosocial behavior, fostering stronger relationships and community bonds.

Similarly, (Ridder et al., 2024) found that individuals who regularly read and apply Scripture report higher levels of purpose, gratitude, and moral consistency.

Table 2.3 Influences of Bible Reading on Individuals in terms of Practices

Statements	Frequency					Mod e	Qualitative Description
	5	4	3	2	1		

1. I have noticed a positive change in my daily practices and habits as I apply what is being stated by the Bible.	31	14	2	1	2	5	Extremely Influential
2. I find that incorporating Bible reading into my daily routine helps me stay grounded in faith and prompts me to live out my beliefs.	31	10	6	1	2	5	Extremely Influential
3. I see a transformation in my behavior and interactions with others as I seek to emulate the love, kindness, and compassion modeled in the scripture.	34	9	4	2	1	5	Extremely Influential
4. I strive to align my actions and decisions with biblical values and principles.	31	11	6	2	0	5	Extremely Influential
5. I recognize the importance of translating my faith into practical deeds and service inspired by the teachings found in the Bible.	31	11	6	2	0	5	Extremely Influential
General Mode						5	Extremely Influential

Legend:	RANGE	SCALE	DESCRIPTION
	4.20-5.00	5	Extremely Influential
	3.40-4.19	4	Very Influential
	2.60-3.39	3	Moderately Influential
	1.80-2.59	2	Slightly Influential
	1.00-1.79	1	Not Influential at al

4. Conclusions

Based on the findings of the study, it is concluded that Bible reading holds an extremely influential role in shaping the spiritual lives of Born-Again Christian students at the University of Southern Mindanao – Kidapawan City Campus. The results revealed that the respondents highly recognized Bible reading as a significant source of spiritual nourishment, guidance, and moral transformation, contributing greatly to their spiritual growth, beliefs, and daily practices.

Furthermore, the study found that consistent engagement with the Scriptures strengthens one's faith foundation, deepens personal relationship with God, and promotes the internalization of Christian values that influence ethical decisions and lifestyle choices. Bible reading not only enhances individual spirituality but also reinforces community fellowship, compassion, and service — core elements of the Born-Again Christian faith.



Overall, the study underscores that Bible reading serves as a vital instrument for spiritual development, enabling believers to experience renewal, moral discernment, and sustained growth in faith. It is therefore recommended that faith-based institutions and church ministries continue to encourage regular Bible engagement among members to cultivate a spiritually vibrant and value-driven Christian community.

5. Limitations of the Study

This study is primarily constrained by its focus on the Born-Again Christian student population at the University of Southern Mindanao – Kidapawan City Campus. Consequently, the findings regarding spiritual growth, moral transformation, and faith development may not be generalizable to other Christian denominations, diverse age groups, or different institutional settings.

Methodologically, the study relies on the self-reported perceptions of the respondents, which may be subject to subjective interpretation and social desirability bias. Furthermore, the research concentrates specifically on the influence of Bible reading as the primary independent variable, potentially overlooking external factors such as mentorship, prayer life, or church involvement that also contribute to spiritual outcomes. Finally, the study is limited to the academic year 2025–2026, capturing a specific timeframe of the students' spiritual journey, and does not account for long-term longitudinal changes in faith practices or lifestyle choices beyond the university context.

Supplementary Details

Supplementary Materials & Data Availability Statement: The authors confirm that this manuscript is final and fully reflects the study's findings. No additional supplementary materials will be appended to this submission. Regarding the Data Availability Statement, all pertinent information, including quantitative datasets and statistical analyses, has been integrated into the core text. No further statements or external data repositories will be provided, ensuring the document remains a self-contained, definitive report of the research conducted within the study timeframe.

Author Contributions: Conceptualization and study design were collaboratively developed by all authors. Data curation, statistical data processing, and quantitative analysis were led by the primary authors, with methodological guidance and validation provided by the research supervisor. The writing of the original draft, critical review, and editing were undertaken jointly by the research



team to ensure analytical rigor and statistical coherence. All authors have reviewed and approved the final manuscript for submission."

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Institutional Review Board Statement: This study underwent a multi-tier peer review process involving the Departmental Research Coordinator, the College Research Coordinator, and the University Research Office. In the absence of a formalized Institutional Ethics Review Board at the time of this research, the researchers ensured that the study was conducted in strict compliance with established ethical standards and research integrity protocols throughout all phases of the study.

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

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Conflicts of Interest: The authors declare no conflict of interest.

Disclosure Statement: During the preparation of this manuscript, AI-assisted tools were utilized to support language refinement, document organization, and formatting. All AI-generated outputs and suggestions underwent rigorous review, editing, and validation by the authors to ensure the accuracy, originality, and overall scholarly integrity of the final work.

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