

# Building Reading Stamina Review

BibleMouse.com

Understanding Fluency and Expression

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about building reading stamina.

1. What are two strategies you can use to maintain focus while reading?

---

---

2. According to Joshua 1:8, what should not depart from your mouth?

- A. The book of the law
- B. Your thoughts
- C. Other people's words

3. Consistent reading practice is compared to training for an athletic event.

- True       False

4. Reading stamina is important for \_\_\_\_ success and lifelong learning.

5. What is one challenge you might face during sustained reading?

---

---

6. What does Proverbs 4:20-22 encourage us to do with God's words?

- A. Ignore them
- B. Think about them occasionally
- C. Keep them in our hearts

7. Creating mental images while reading can help improve focus.

- True       False

8. One way to summarize what you've read is to \_\_\_\_ after each chunk.

9. What is one benefit of reading for long periods?

- A. Becoming bored
- B. Building reading stamina
- C. Having more homework

10. How can you apply the concept of 'reading stamina' to your daily life?

---

---

---

**Answer Key**

1. Breaking reading into chunks and using a bookmark to track progress. 2. The book of the law 3. True 4. academic 5. Getting distracted or feeling tired. 6. Keep them in our hearts 7. True 8. pause 9. Building reading stamina 10. By setting aside time each day for reading and gradually increasing the time.