

# Abide - Personal Study Tools

Spending time with God, both individually and corporately, is crucial to our health and growth as disciples of Jesus. God made us to be in an abiding relationship with Him. One of the ways we connect with Him is by spending time reading the Bible and applying what we read to our lives. We also connect with Him through prayer and meditating on Who He is and what His Word says to us.

## How to pick the Bible Format that works best for you!

Ask yourself, how do you like to receive new information?

- I am comfortable with digital books.
  - For your computer try: <https://www.biblegateway.com/>
  - For your smartphone or tablet download The YouVersion Bible App from your favorite app store.
- I prefer to read a book with pages and a cover.
  - If you prefer to read in contemporary language, we suggest you purchase an NLT (New Living Translation) Bible to simply read through and make notes in the margins.
  - If you prefer study notes and details, we suggest that you purchase a used ESV Study Bible
- I prefer to listen to books being read.
  - The YouVersion phone app has an audio option so that you can listen to scripture from anywhere you have smartphone access.

## S.O.A.P

Easy to remember, we're inviting God to use the SOAP of His Word to clean up every area of our life so we reflect more and more of Who He is to those around us

Step 1- Read or listen through a daily Bible passage (follow along with a pre-made Bible reading plan or create your own - choose a book of the Bible to work through and split it into manageable daily readings).

Step 2 - Journal out your thoughts on a fresh page in your journal, noting:

- Today's date
- Title your entry
- Write down the verse(s) that really stood out to you (Scripture)
- Write any observations you notice (Observation)
- Write out what you need to apply to your life (Application)
- Write out your prayer to God (Prayer)

Sample Entry

MM/DD/YY "Through"

**S** - Psalm 23:4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

**O** - God walks with us THROUGH the dark valleys. Not around or over or no dark valleys at all.

**A** - I need to stop asking God to take away all my challenges. Instead, I need to look to Him for protection and comfort as HE takes me THROUGH.

**P** - Father, please help me trust you IN my current challenges. I want them all gone but help me hope in You as you take me THROUGH it all. Thank you. In Jesus' name, amen.

## **S.W.O.R.D.**

Easy to remember, that God's Word is our SWORD in fighting the lies of the enemy so we can live in the truth in every area of our lives.

Step 1- Read or listen through a Bible passage (follow along with a pre-made Bible reading plan or create your own - choose a book of the Bible to work through and split it into manageable daily readings).

Step 2 - Journal out your thoughts on a fresh page, noting:

- Today's date
- Title your entry
- Write down the verse(s) that really stood out to you (**Scripture**)
- Slow down as you read the verse(s) to yourself several times. Ask the Holy Spirit to speak to you. (**Wait**)
- Write any words or phrases that you noticed. (**Observe**)
- Write out a short prayer to God asking for His help. (**Request**)
- Decide on a next step or application that you think would honor God today from your time of reflection and prayer. (**Dedicate**)

Daily Pages Sample Entry

DD/MM/YY            "Change Me"

**S** - Matthew 4:19 And Jesus said, "Come follow Me and I will make you fishers of men."

**W** - [I read again, slowed down, and invited God to speak to me.]

**O** - I noticed Jesus' part in this verse about how He wants to change me. He will help me. It's not all on me. He will do His part.

**R** - Father, please help me remember today that you are with me to help me. I am not alone and it is not all on me to figure out everything and how I need to change.

**D** - When I find myself getting stressed and overwhelmed today, I will pray and remind myself that You are with me, in me, and changing me. It's not all on me.

## **10 'C's**

Step 1- Read or listen through a Bible passage (follow along with a pre-made Bible reading plan or create your own - choose a book of the Bible to work through and split it into manageable daily readings).

Step 2 - Journal out your thoughts, noting:

- Give the passage a short, one to five word title or tagline. (**Caption**)
- Describe, summarize, paraphrase, outline or make a list of of the major points of the passage. Don't try and interpret the meaning. (**Contents**)

- List out the most important people in the passage. What is significant about them? Who is the author and who is the audience? Who is the passage referring to? (Chief People)
- Write down the word(s) that popped out to you. look for a word that was repeated frequently or a word(s) that caught your attention. (Crucial Words)
- Choose a verse that summarizes the whole passage or speaks to you personally. consider choosing a verse you believe god would want you to apply to your life now. (Choice Verse)
- List any difficulties you may have with the passage. this may be a hard-to-understand writing style, a question about the passage, or something that is difficult to live out. (Challenges)
- Use cross references in your Bible to look up what Scripture says about Scripture. Ask yourself: What else in the Bible helps me understand this? (Cross-References)
- Look for ways that God's character is revealed through this passage. list out any attributes you see present. (Character of God)
- Look for ways the passage references or represents Christ. Ask: Does this passage reflect Jesus or point to the Gospel? What can I learn about the nature of Jesus? (Christ Seen)
- write down the main lesson or insights that god is showing you from this passage. think about what this means for your personally and how you plan to live this out more accurately in your life. (Conclusion & Application)

## Additional Tips

Journalling is probably not a new idea to you, and may well be a discipline that you already use. If so, here are a few tips that are intended to help you continue with new vigor and perseverance.

- Utilize the free resources that are available out there. The Bible Hub is a free resource that has more study tools including original Greek and Hebrew word studies from interlinear Bibles. <https://biblehub.com/>
- Take time to deliberately write out your prayers. Edit them to make the language appropriate and honorable to God. Then, slow down, and read them out loud with a sincere and thoughtful heart.
- Commit one or more verses from your week's journal to memory. Here is a tool that can help you memorize: The Bible Memory App. Don't make excuses, download the app and try it.
- Journal review days - After you have been journaling for a few weeks, spend a day or two looking back for themes where God was restoring you or where your struggle keeps coming up. Think about your journey, and write a new prayer in your journal.