**How to Study the Bible**

“*All Scripture is God- breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”*

2Tim. 3:16-17

**Daily Quiet Time with God**

**A. How important is it to God?**

Jesus \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to make a relationship with God possible!

2. God has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with His Son.

*“God, who has called you into fellowship with His Son Jesus Christ our Lord, is faithful.”   
1Cor.1:9 (NIV)*

Jesus \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ desires to spend time with you.

*“Look! I’ve been standing at the door and constantly knocking. If anyone…opens the door,*

*I will come in and fellowship with him and he with me.” Rev. 3:20 (LB)*

God created us so we could be in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Him! (Gen 1:27; 2:7; 3:8)

**B. How important is it to you?**

1. Personal time alone with God will be the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.” Mark 1:35 *See also Lk 22:39; Lk 5:16*
3. You cannot be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Christian without it!
   1. *“Man cannot live on bread alone but on every word that God speaks.” Matt. 4:4 (GN)*
4. It’s the only way you will be truly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in service for God.

**C. Why has a Daily Quiet Time?**

1. To demonstrate our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to God.

*“[Hezekiah] was successful, because everything he did…he did in a spirit of complete devotion to His God.” 2Chron. 31:21 (GN)*

God \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_our devotion. (Rev. 4:11; Ps 29:2; John 4:23)

1. To get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from God.   
   *“This is what the Lord says – your Redeemer, the Holy One of Israel: ‘I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go.” Is. 48:17 See also: Ps 16:11; 119:105; Prov. 20:24*
2. To gain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in God.  
    “Delight yourself in the Lord; and He will give you the desires of your heart.” Ps. 37:4 (KJV)(Ps16:11)
3. To be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into His likeness. (See Acts 4:13)  
   *“And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.” 2Cor. 3:18 (NIV)*

**D. How to begin a Daily Quiet Time**

1. Select a specific time.  
   The best time to have a quiet time is when I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Whatever time you set, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

1. How long should a quiet time be?

That’s between you and God, but here is a suggestion:

1. Choose a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ place; Jesus did!  
    *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.” Mark 1:35 (NIV) See also: Lk 22:39*
2. Gather the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that you will need.
3. Begin with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attitudes:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ “Be still, and know that I am God.” Ps.46:10   
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ “Open my eyes to see wonderful things in your heart.” Ps.119:18

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ “But seek first His Kingdom and His righteousness, and all these things will be given to you as well.” Matt. 6:33 (NIV)

1. A plan to get you started

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 minute)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 minutes)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 minutes) (Meditate)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (2 minutes)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 minutes) (Prayer)

1. Plan to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

“Let’s not get tired of doing what is right, for after awhile we will reap a harvest of blessing if we don’t get discouraged and give up.” Gal. 6:9 (LB)

**How to Hear God’s Word**

1. Be \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to hear God! (Ask God to prepare your heart.)  
   Jesus said, “He who has ears to hear, let Him hear!” Lk 8:*8* “Lay hold of my words with all your heart.” Prov. 4:4
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ first. Rely on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (He’s your private Tutor!)  
   “But when He, the Spirit of Truth, comes, He will guide you into all truth.” John 16:13

“But the Holy Spirit can strengthen our spiritual eyesight, enabling us to see what our natural eyes cannot see, or our ears hear, or our mind comprehend. By the Spirit which searches all things, even the deep things of God, have been revealed precious truths which cannot be described by pen or voice.” E.G. White, *Sons and Daughters of God*, p.34

1. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of those things that prevent us from hearing God.  
   Jesus says, “Consider carefully how you listen. Whoever has will be given more; whoever does not have, even what He thinks He has will be taken from him.” Luke 8:18
2. What are things that may prevent my hearing the Word of God? To find the answer let’s look to see what Jesus has said in Luke 8:11-15:
   * A **\_**\_\_\_\_\_\_\_\_ mind - what causes me to close my mind to God? (Fear, doubt, unbelief, pride, bitterness?)
   * *“This is the meaning of the parable [reference to verses5-8]; the seed is the word of God. Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved…”*
   * A \_\_\_\_\_\_\_\_\_ mind - am I really serious about wanting to hear God speak? Or, do I really only care if people think I am a Christian? Do I give up on God as soon as things get a little tough?
   * Verse 13: “Those on the rock are the ones who receive the word with joy when they hear it, but they have no root. They believe for awhile, but in the time of testing they fall away.”
   * A\_\_\_\_\_\_\_\_\_mind– am I too busy and concerned with other things to concentrate on what God has to say?
   * Verse 14: “The seed that fell among the thorns stands for those who hear, but as they go on their way they are choked by life’s worries, riches and pleasures, and they do not mature.”
   * *Verse 15: “But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a good crop.”*
3. How do I deal with problems that may be preventing me from hearing God?
   * \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ of any sin in my life. *“If we confess our sin He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John1:9. Also James 1:21*
   * Begin being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Take \_\_\_\_\_\_\_\_ on what you hear.

“We must pay more careful attention to what we’ve heard, so that we do not drift away!” Hebrews 2:1

1. \_\_\_\_\_\_\_\_\_\_\_on what you hear!  
   “Do not merely listen to the Word, and so deceive yourselves. Do what it says!” James 1:22

**How to Read God’s Word**

1. How often should I read God’s word? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“[The scriptures] shall be his constant companion. He must read from it everyday of his life so that he will learn to respect the Lord His God by obeying all of His commands.” Deut.17:19

2. Suggestions for successful reading:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Reading just (approximately) 15 minutes a day, will allow you to read through the entire Bible in one year!

**Benefits of Bible Study**

1. It will give us a stronger, healthier \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– (better judgment, evenly-balanced mind, clearer comprehension and understanding, strengthened retentive ability and memory)  
   *“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.” Romans 12:2 (The renewal comes from God’s word)*“As they themselves drink from the fountain of living water, from them will flow living streams to bless and refresh others.” *Counsels to Parents, Teachers, and Students*, p. 450
2. We will be better able to live a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ life.  
   *“Christ loved the church and gave Himself up for her to make her holy, cleansing her by the washing with water through the word…”* Eph. 5 25-26 (NIV)  
   “How can a young man keep his way pure? By living according to your word.” Ps. 119:9 (NIV)
3. We will be more aware of God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our lives.  
   *“I guide you in the way of wisdom and lead you along straight paths. When you walk, your steps will not be hampered; when you run, you will not stumble. Hold on to instruction, do not let it go; guard it well, for it is your life.” Proverbs 4:11-13 (NIV) See also Ps.43:3; 119:130*
4. It will bring us into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of God.  
   “If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.” John 15:7. See also Romans 12:2

**Can I be sure that God’s Word Will Really Make a Difference for Me?**

1. \_\_\_\_\_\_\_\_\_\_\_\_ God’s character depends on it because He has claimed that His word always accomplishes what He intended for it*.  
   “…My word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” Isaiah 55:11*Note: We need to be in tune with God’s intent for His claims and promises – that becomes clearer as we become very familiar with His word and commune with Him in prayer.

*“Deep, earnest study of the word under the guidance of the Holy Spirit will give you fresh manna, and the same Spirit will make its use effectual.” Testimonies, vol.6, p. 163*

1. What does it take for this to work for me?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We’re told in 1Timothy 4:7b (Ph)“Take the time and trouble to keep yourself spiritually fit.”

“If you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding, and if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God.” Prov. 2: 1-5 NIV

**How to Study God’s Word**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - don’t depend on what others say.  
    *“They accepted the message eagerly and studied the scriptures everyday…” Acts 17:11  
   “Be a good workman … Know what His Word says and means.” 2Tim. 2:15*
2. Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - if you don’t write things down you will forget!
3. Know what \_\_\_\_\_\_\_\_\_\_\_\_ to ask. (Suggestions below and in the section on Meditation)
4. Always check the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ within which a verse(s) is/are written.
5. Guidelines for study by verse or chapter (will cover in the section on Meditation also)

a. What is the theme of the chapter?

b. Which verse stands out the most (to me) in the chapter?

c. What persons are mentioned? What information is included?

d. What are the commands we should keep?

e. What are the promises we should claim?

f. What are the lessons we should remember?

g. Which words and phrases did you like best?

h. Which words kept recurring throughout the chapter?

i. Which words were not clear as to their meaning?

j. What logical reason can you detect for the inclusion of this chapter in the Bible?

k. Is there an example for me to follow?

l. What are the errors of living that we should avoid?

m. What does this chapter teach about God? What does it teach me about His character? What does it teach me about how He relates to people? What does it teach me about how to worship and love God?

n. What does this passage tell me about me and my relationship to God? What does it teach me about God’s relationship to me? What does it teach me about my relationship to other believers? What does it teach me about my relationship to unbelievers? What does it teach me about my relationship to me?

1. How do I begin a daily Bible Study program?

The key is simply to \_\_\_\_\_\_\_\_\_\_\_\_! Then be \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Don’t try to be the perfect student right away―this is a lifelong process.

**Memorizing God’s Word**

*“Guard my words as your most precious possession. Write them down, and also keep them deep within your heart.” Proverbs 7:2-3 (LB)*

**A. Benefits of memorizing Scripture**

1. It helps me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ temptation.

*“I have hidden your Word in my heart that I might not sin against you.” Ps. 119:11*

1. It helps me make wise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*“Your word is a lamp to guide me and a light for my path.” (Ps. 119:105)*

1. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me and gives me \_\_\_\_\_\_\_\_\_\_\_\_\_when I am under stress.
2. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me when I am sad.

*“Your words are what sustain me…They bring joy to my sorrowing heart and delight me.”   
 Jer.15:16 (LB)*

1. It helps me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to unbelievers.

*“Always be prepared to give an answer to everyone who asks you to give the reasons for the hope that you have.” 1 Peter 3:15 (NIV)*

**B. When to memorize**

**C. How to memorize a verse**

1. Pick a verse that speaks to you – write it on a note card.
2. Say the reference before and after the verse.
3. Read the verse aloud many times. Think about its meaning.
4. Glance at the first verse and say it aloud. Glance at the next phrase and say both phrases aloud. Continue this process until you have said the whole verse.
5. Try to say the verse from memory later in the day. If you cannot remember the complete verse, glance at the cards to refresh your memory.
6. Repeat the verse several times each day for a week or until you feel that the verse is firmly implanted in your mind.
7. Always memorize the verse word perfect (just as written).
8. Get a partner so you can check each other.

Three main keys for memorizing scripture: 1. \_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_

*“Your teachings are worth more to me than thousands of pieces of gold and silver.”*

*Ps. 119:72 (NCV)*

**How to Meditate on God’s Word**

**A. What does meditation mean?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**B. Benefits of meditation:**

1. Our \_\_\_\_\_\_\_\_\_\_\_ for God will grow.
2. Our \_\_\_\_\_\_\_\_\_\_\_\_\_ will grow stronger.

*“Thou wilt keep him imperfect peace, whose mind is stayed on thee: because he trusteth in Thee.” Is 26:3*

1. It is the key to becoming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   
   *“As we … contemplate the Lord’s glory, we are being transformed into His likeness…” 1Cor.3:18  
    See also Pr. 4:23; Rom.12:2*“We should *meditate* upon the scriptures, *thinking* soberly and candidly upon the things that pertain to our eternal salvation. The infinite mercy and love of Jesus, the sacrifice made in our behalf, call for the most serious and solemn *reflection*…By constantly *contemplating* heavenly themes, our faith and love will grow stronger.” Ellen G. White, *Sons and Daughters* of God, p. 109 (Emphasis supplied)
2. It is the key to answered \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*“If you live your life in Me, and my words live in your hearts, you can ask whatever you like, and it will come true for you.” John 15:7 (Ph)*

1. It is the key to successful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*“…Meditate on (the Word) day and night, so you may be careful to do everything written in it****.*** *Then you will be prosperous and successful.” Joshua 1:8*

1. Is meditation just part of my Bible Study time?

*“My soul is feasted as with marrow and fat, any my mouth praises thee with joyful lips, when I think of thee upon my bed, and meditate on thee in the watches of the night.” (Ps. 63:5,6)*

**C. Six ways to mediate on a verse**

Sample verse**:** “For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” John 3:16

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Visualize the scene in your mind.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Say the verse aloud, each time emphasizing a different word.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Rewrite the verse in your own words.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Replace the pronouns or people in the verse with your name.

For God so loved (your name) that He gave His One and only son, so that if (your name) believes in Him he/she will not perish but have eternal life.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Turn the verse into a prayer and say it back to God.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_it! Ask the following nine questions:

**Is there any…**

* Sin to confess? Prayer to pray?
* Promise to claim? Error to avoid?
* Attitude to change? Truth to believe?
* Command to keep? Something to thank God for?
* Example to follow?

**How to Apply God’s Word**

*“Do not fool yourselves by just listening to the Word. Instead,* ***put it into Practice****.” James 1:22*

*“Whoever* ***practices and teaches*** *these commands will be called great in the kingdom of heaven.” Matthew 5:19*

**A. Application Questions:**

Ask this question first: What did it mean to the original hearers?

Ask this question second: What is the underlying timeless principle?

Ask this question third: Where or how could I practice that principle?

***“Now that you know these things – do them! That is the path of blessing!” John 13:17 (LB)***

**B. Example of application and the importance of checking context:**

Based on Acts 10:9-48: Peter was up on the roof praying. He became hungry and was waiting for lunch when he fell into a trance. In vision he saw a large sheet being let down from heaven, on the sheet he could see all kinds of animals. In verse 13 a voice says to him, “Get up, Peter, kill and eat.” Peter replied, “Surely not, Lord! I have never eaten anything impure or unclean.” The voice replies to Peter, “Do not call anything impure that God has made clean.” This happened three times and then the sheet was taken back to heaven.

**Application Process:**

* What did it mean to the original hearers:
* What is the underlying timeless principle?
* How can I apply this principle?

**Using the Bible Study Principles and Guidelines:**

We’ll look at Matthew 15:21-28:

*“Leaving that place, Jesus withdrew to the region of Tyre and Sidon. A Canaanite woman of that vicinity came to him, crying out, “Lord, Son of David, have mercy on me! My daughter is suffering terribly from demon possession.” Jesus did not answer a word. So his disciples came to him and urged him, ‘Send her away, for she keeps crying out after us.” He answered, “I was sent only to the lost sheep of Israel.” The woman came and knelt before him. ‘Lord, help me!” she said. He replied, “It is not right to take the children’s bread and toss it to their dogs.” Yes Lord,” she said, “but even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered, “Woman, you have great faith! Your request is granted.” And her daughter was healed from that very hour.”*

Notes:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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