

FACE TIME

HOW TO SPEND TIME WITH GOD

Spending time face to face with God will change your life. We created this resource to give you ways to enrich your daily Face Times. Don't be overwhelmed by the amount of information you find here. We encourage you to try one strategy at a time and stick with what works for you.

This book is divided into sections to help you as you journey to getting Face Time with Jesus everyday:

1. Worship
2. Prayer
3. Bible Study
4. Memorization
5. Appendix: Healing Scriptures
6. Appendix: Holy Spirit Scriptures

May you experience the depths of God's love for you and joy in His presence as you begin this exciting journey!

-- Antioch Community Church Staff

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AN HOUR WITH GOD

To really know a person, you need to spend time with them. In the same way, if you want to have a close relationship with God, intentionally set aside time just for God daily. Remember, apart from God, we can do NOTHING. (John 15:5)

We recommend worship, prayer, and Bible study as the key components of your Face Time. The schedule below simply suggests how to break up 1 hour with God.

If you have never had a Face Time before we recommend starting with 30 minutes to begin to create a daily habit.

PLANNING YOUR HOUR WITH GOD

An easy way to remember the structure for your time with God is to think: **W P W P**

Worship

Prayer

Word

Prayer

Worship (15 minutes) – Starting with worship positions our hearts rightly before God. In worship we praise God for who He is, we thank Him for his blessings, and we declare that He alone is worthy of praise.

Prayer (20 minutes) – This portion of prayer focuses us on connecting with God in a personal way. Ask Him how He feels about you. Tell God how much you love Him. Talk to Him about things that are on your heart. Give space to listen to Him about anything He wants to say to you.

Word (15 minutes) – The Bible is our foundation for truth. In its pages we discover who God is, who we are, and how to live rightly before God. Break down your study of the Bible by asking these three simple questions about the passage you're reading:

-Who is God?

-Who am I?

-Is there anything I should obey?

Prayer (10 minutes) – This portion of prayer focuses on praying for others. We simply pray from the inside out. Meaning, start by praying for those closest to you – family and friends. Then pray for acquaintances, co-workers, or your city. Finally pray for our nation and other nations of the world. Finish by praying for your day. Ask God to bless you and to give you opportunities to love others and to share the love of Jesus with them.

3. Tongues: other languages, both natural and supernatural in dialect; (Acts 2:4-11; Acts 10:46; Acts 19:6; 1 Corinthians 14:2).
4. Supernatural power: to do the works of Jesus such healings, the casting out of unclean spirits (Acts 4:33-35; Mark. 16:17, 18).
5. Prophecy: speaking the thoughts of God in love. (Acts 19:6; 1 Corinthians 14:3)

HOW DO I RECEIVE THE HOLY SPIRIT?

- Cultivate a hunger and thirst for righteousness (Matthew 5:6).
- Cultivate an eager desire for spiritual gifts (1 Corinthians 14:1).
- Confess your sins and drop every wall of fear. (Romans 8:15; 2 Timothy 1:6,7).
- You may want to have someone more mature in the Lord lay his hands on you and pray. (Acts 8:17; Acts 19:6; 2 Timothy 1:6).
- Approach the Lord with faith that He eagerly desires to give you the Holy Spirit when you ask Him. (Luke 11:9-13)
- Ask and receive. (Matthew 7:7-11)
- Look to God and begin with praise and thanksgiving. (Ephesians 5:18-20)
- You receive the Holy Spirit by faith; just as you first became a Christian by faith, just as you walk with the Lord by faith. (Galatians 3:2, 14; Romans 1:17)

As a general rule, the Holy Spirit will not forcibly compel you to do anything. You have to eagerly desire to be filled with the Holy Spirit. As the Holy Spirit responds to your hunger, you respond to His presence in faith and with a sincere heart.

HOW DID THE FIRST CHRISTIANS RECEIVE THE HOLY SPIRIT?

The New Testament records several examples:

1. Jesus received the Holy Spirit as a dove descending on Him, and heard the voice of God declaring His favor on Him. (Matthew 3:16, 17)
2. The first Christians were filled with the Holy Spirit as they waited on the Lord in prayer and worship. They did this in accordance with Jesus' instructions. (Luke 24:49; Acts 1:8)
3. A blinded and humbled Saul was filled with the Holy Spirit when Ananias laid his hands on him. Saul received back his sight, arose, and was baptized (Acts 9:17, 19). Saul later became the Apostle Paul.
4. Cornelius' household spontaneously received the gift of the Holy Spirit when Peter preached the gospel to them. They received the Holy Spirit before they were baptized in water. (Acts 10:44-48)
5. Peter and John laid their hands on believers who had been baptized but had not yet received the Holy Spirit. For these Christians, getting saved and receiving the Holy Spirit were two separate experiences. (Acts 8:14-17; note verse 16)
6. Paul laid his hands on men who had just been saved, and they received the gift of the Holy Spirit. These men told Paul, "We have not even heard whether there is a Holy Spirit." (Acts 19:1-7)

Though the manner was different, each person receiving the gift of the Holy Spirit manifested at least one of five things:

1. Boldness: the ability to do the will of the Lord in the face of fear; (Acts 4:31).
2. Joy: real joy based on a knowledge of God, not on feelings or circumstances. (Acts 13:52).

WORSHIP

"Shout for joy to the LORD, all the earth.

Worship the LORD with gladness; come before Him with joyful songs. Know that the LORD is God. It is He who made us, and we are His. We are His people, the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the LORD is good and His love endures forever; His faithfulness continues through all generations."

Psalm 100

WORSHIP IDEAS:

- Sing worship songs.
- Declare what God is like as seen in the Bible. Ex: "God the Bible says that you are Good. You are Holy. You are Love, ..."
Use the handouts "Adoration and Praise" and "Alphabet of Praise" to help you become familiar with this style of worship.
- Read scriptures and Psalms out loud. Ex: Psalm 145, Psalm 103, Colossians 1:15-20

WORSHIP TOOL:

Declaring God’s character aloud often brings new life and faith to our hearts during difficult periods in our life. Use these scriptures to remind yourself of the character of God.

God the Father:

Genesis 1 – 3	Psalm 27:10
Psalm 103	Psalm 105
Psalm 139	Isaiah 40:11
Isaiah 49:14-16	Jeremiah 29:11
Jeremiah 31:3, 20	

God the Son:

Psalm 103:1-6	Isaiah 53
Gospels	John 1
Colossians 1:14-28	Ephesians 1:19-22
Hebrews 1:1-3	Revelation 1-3
Revelation 5	Song of Solomon

God the Holy Spirit:

John 16:7-16	1 Corinthians 2:9-16
Romans 8:25-26	Genesis 1:2
Zechariah 4:6	Zechariah 12:10
Isaiah 61:1-3	Isaiah 11:1-3
1 Corinthians 12 – 14	Acts 1:8
Acts 4:31	

Christ. These are a down payment on everything you will receive when you are raised from the dead. (Ephesians 1:13, 14)
You know you are “sealed” in the Holy Spirit when you exhibit faith in Jesus and a love for other Christians (Ephesians 1:15).

BUT THERE IS MORE...

The baptism or infilling of the Holy Spirit is more than a one-time experience. In the early church, the same disciples:

- Received the Holy Spirit when Jesus breathed on them (John 20:22).
- Were filled with the Holy Spirit on the day of Pentecost (Acts 2:4).
- Were filled with the Holy Spirit after prayer (Acts 4:31).

Paul viewed the baptism of the Holy Spirit as a necessary qualification for walking out the Christian life. He commands the Ephesian Christians to be filled with the Holy Spirit. (Ephesians 5:18).

WHAT DOES THE BAPTISM OF THE HOLY SPIRIT DO?

- He forms Christ’s character in you. (Isaiah 11:1-5; Galatians 5:22, 23)
- He clothes us with Christ’s power so that you can do the works that Jesus did, and even greater ones. (Isaiah 61:1-3; Hebrews 2:4)
- He increases your faith. (Jude 20)
- He enables you to pray continually (1 Thessalonians 5:17) even when you don’t know what to pray. (Romans 8:26, 27)
- He allows you to receive spiritual gifts. (1 Corinthians 12, 13 & 14)
- He allows you to operate in specialized spiritual functions. (Romans 12:4-8; 1 Corinthians 12:27-31; Ephesians 4:11-13)
- He fulfills the prophecy of Joel 2:28-32. (see Acts 2:16-21)

WHO IS THE HOLY SPIRIT?

The Holy Spirit is:

- God (Genesis 1:2; Acts 5:3, 4).
- The Comforter (John 16:7 KJV).
- A Person (Revelations 22:17).
- The Convictor (John 16:8).
- The Counselor (John 16:12-15).
- The Empowerer (Acts 1:8).
- The Teacher (John 14:26).
- The Presence of Jesus in the here and now (Matthew 28:20)
- The Sealer who marks us for total salvation and guarantees our inheritance in the life to come (Ephesians 1:13, 14).

The Holy Spirit is not:

- A mystical fog (Isaiah 11:2)
- An impersonal power source to make meetings better (John 15:26). Casper the Friendly Ghost (Acts 5:1-11).
- A spirit of fear (Romans 8:15; 2 Timothy 1:7).
- A power to be used for your own selfish gain (Acts 8:9-25).

The Holy Spirit is described as

- A dove (Matthew 3:17; Luke 3:22).
- Fire (Matthew 3:11;)
- Wind (John 3:8; Acts 2:2)
- Water (John 7:37-39).
- Oil (Hebrews 1:9).
- Wine (Acts 2:13).
- A “down payment” guaranteeing our salvation (2 Corinthians 1:21, 22).
- A sensitive entity that can be quenched or grieved because of sin (Ephesians 4:29, 30; 1 Thessalonians 5:18, 19).

HOW DO I RELATE TO THE HOLY SPIRIT?

You receive the Holy Spirit upon accepting Jesus. The Holy Spirit seals you -- He puts the person of God upon you, securing your salvation and depositing in you various gifts and revelations of Jesus

PRAYER

As followers of Jesus we get the privilege of developing intimate friendship with God through prayer.

You may have heard it said before that “prayer is simply talking to God.” The early church was “devoted” to prayer (Acts 2:42) and as a result saw God do amazing things in their community. At Antioch Community Church, we too want to devote ourselves to intimate fellowship with the Lord through prayer.

WHY PRAY?

1. Prayer allows us to talk to God as a friend (2 Corinthians 3:18).
2. Prayer changes history by bringing God’s plans from Heaven to Earth (Matthew 6:10).
3. Prayer provides us with protection and blessing (Matthew 6:13).
4. God is a good Father who enjoys providing for our needs as we ask Him in prayer! (Matthew 7:7-12)
5. Prayer prepares us to bear fruit! (John 15)

PRAYER TOOL: “ACTS” MODEL

You can use the acronym **ACTS** to help you remember the elements of The Lord’s Prayer:

Adoration: This is worship as described above. The goal is to focus your heart and attention on Jesus. Worship and prayer naturally flow together as one because they are both communication between you and God.

Confession: “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

How to confess sin:

1. Ask the Holy Spirit to search your heart for sin (Psalm 139:23).
2. Confess each sin individually. These are things that God will bring to mind like things you thought, did, or said.
Ex: “God forgive me for speaking rudely toward my family.”
3. Make changes in your life to respond.
4. It is wise to share your sin struggles with a trusted friend or mentor.
(James 5:16, Proverbs 28:13)

Thanksgiving: The Bible says to give thanks in all circumstances (1 Thessalonians 5:18). Give thanks to God even if you are going through difficult times.

Examples of things to be thankful for:

Material possessions and provision (ex. your job, gifts); Spiritual blessings (ex. Joy, peace, victory over sin); Relationships (ex. Family, church, friends)

Seeking God: Praying for issues and needs in your life.

APPENDIX: HOLY SPIRIT STUDY

The Bible describes God as a trinity: 3 in 1. As humans we tangibly relate to God the Father and God the Son (Jesus) but often struggle to relate to the Spirit of God. We need to develop a robust faith in the 3 in 1 God. Ultimately, we simply relate to God as one person but as we develop our ability to interact with God we must engage him as he has presented himself throughout scripture: as Father, Son, and Holy Spirit.

This Bible study will lead you through a number of verses about the Holy Spirit to help you engage with God as spirit.

Face Time with God

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

3 John 2

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Examples of things to pray for:

- Your daily needs (Matthew 6:11)
- The needs of other people (1 Timothy 2:1)
- That you would be kept from temptation and evil (Matthew 6:13)

PRAYER TOOL: LISTENING PRAYER

“He who belongs to God hears what God says.”

John 8:47

As you pray, listen as well. God may speak to you a personal encouragement or He may put someone on your heart that you should pray for or encourage. He may also speak specific direction for the day.

Here’s how to listen:

1. Ask God to speak to you
2. Wait for a few moments
3. Write down what He puts in your mind

HEALING IN JESUS’ MINISTRY

“The centurion replied, ‘Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.’”

Matthew 8:8

“Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness.”

Matthew 9:35

“And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.”

Mark 16:17-18

“And the people all tried to touch him, because power was coming from Him and healing them all.”

Luke 6:19

HEALING IN THE EARLY CHURCH

“Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven.”

James 5:14-15

“He himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed.”

1 Peter 2:24

HEALING IN THE OLD TESTAMENT

“He said, ‘If you listen carefully to the voice of the LORD your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you.’”

Exodus 15:26

“Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases.”

Psalms 103:1-3

“He sent forth His word and healed them; He rescued them from the grave.”

Psalms 107:20

“My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man’s whole body.”

Proverbs 4:20-22

“But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed.”

Isaiah 53:5

“Heal me, O LORD, and I will be healed; save me and I will be saved, for You are the one I praise.”

Jeremiah 30:17a

“But I will restore you to health and heal your wounds, declares the LORD.”

Jeremiah 17:14

PRAYER TOOL: PRAYING FOR THOSE WHO DON'T KNOW JESUS

Use these biblical examples of prayer as you invite God to lead people into relationship with Him!

- Ask God to give us a burden for lost people. (Romans 9:1-3)
- Claim laborers for the harvest. (Matthew 9:38)
- Seek God for opportunities to witness and invite people to church or to Lifegroup. (Colossians 4:2-4)
- Receive in Praise the promise of fruit. (John 15:16)
- Repent of fear in witnessing and petition God for boldness in sharing the Gospel. (Acts 4:31-32)
- Ask God to give us power to win the lost. (Acts 1:8, Colossians 1:28)
- Believe God for conviction of sin. (Acts 2:37-38)
- Bind in Jesus’ name the force of doubt veiling the minds of the lost. (2 Corinthians 3:14-16; 4:3-4)
- Pray hearts to be opened to believe. (Acts 16:14)
- Thank the Holy Spirit for wooing them to the Father (John 6:44; 16:7-11)
- Ask Him for miracles to bring people to Christ. (Acts 3, John 14:12-13)
- Intercede for a city-wide vision & harvest. (John 4:35)
- Expect people to be touched by the Holy Spirit as we worship God. (Acts 16:25)
- Invite God to change your life as a sign to those who don’t know Jesus. (2 Corinthians 5:17)

PRAYER TOOL: THE LORD'S PRAYER

"His disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.' He said to them, 'When you pray, say...'"

Luke 11:1-2

"Our Father, who art in heaven"

Recognize our relationship with Him.

Recall His Father-heart for you and for those for whom you pray.

(1 John. 3:1)

"Hallowed be Thy name..."

Recall the covenant names of God and their meaning and application for today (He is our Banner, our Righteousness, our Provider, our Healer, our Peace, our Sanctifier, our Shepherd). Meditate on these.

"Thy Kingdom come, Thy will be done.."

Pray for God's kingdom and will to come in the lives of your family, spiritual family, government officials, missionaries, non-Christian friends, etc.

"Give us this day our daily bread..."

Appropriate His provision in areas of material concern.

"And forgive us our debts as we forgive our debtors"

Ask the Holy Spirit to search you and point out areas where repentance is needed. Forgive those against whom you are holding grudges. (Proverbs 4:23; Matthew 5:44)

"And lead us not into temptation but deliver us from evil"

Because Jesus defeated death we can pray against evil in our world. (Ephesians 6:10-17. See verse 12).

"For Thine is the kingdom, and the power, and the glory forever."

End with praise! (Revelations 5:13)

APPENDIX: HEALING SCRIP- TURES

The Bible speaks of healing by the power of God. Scripturally speaking, healing is normal in the Kingdom of God. As you seek wholeness and faith through relationship with God use these verses to build your belief in the person, character, and power of God!

MEMORIZATION TOPICAL GUIDE

The Bible places a high value on storing the Word of God in our minds and hearts. When we memorize scripture we have access to it for use at any moment.

The list below contains select verses you can memorize organized according to different topics of interest.

CORE VALUES

Luke 4:18-19
Matthew 22:36-40
Matthew 28:19-20

POWER OF GOD

Zechariah 4:6
1 Corinthians 2:4-5
1 Corinthians 4:20
1 Corinthians 14:26

SALVATION - The Roman Road

Romans 3:23
Romans 6:23
Romans 5:8
Romans 10: 13
Romans 10:9-10
Revelation 3:20
John 3:16

FREEDOM FROM SIN

1 John 1:8-10
1 Corinthians 10:13
2 Corinthians 5:17-18
Romans 12:1-2

PERSEVERANCE IN TRIALS

James 1:2-3
James 1:12
Romans 8:28-29

GOD'S CHARACTER

Isaiah 9:6-7
Psalms 145:8-13
Isaiah 11:1-2
Colossians 1:15-20

ABIDING IN CHRIST

Galatians 2:20
John 15:1-17
1 John 3:1

LOVING PEOPLE

1 John 4:7-12
1 Corinthians 13: 4-7

DELIGHT IN GOD

Psalms 34:8
Psalms 27:4

PRAYER TOOL: WHO I AM IN CHRIST

Declare these truths aloud to strengthen your faith and bring security in your identity.

I am accepted...

- *I am God's child.* John 1:12
- *As a disciple, I am a friend of Jesus Christ.* John 15:15
- *I have been justified.* Romans 5:1
- *I am united with the Lord, and I am one with Him in spirit.* 1 Corinthians 6:17
- *I have been bought with a price and I belong to God.* 1 Corinthians 6:19-20
- *I am a member of Christ's body.* 1 Corinthians 12:27
- *I have been chosen by God and adopted as His child.* Ephesians 1:3-8
- *I have been redeemed and forgiven of my Sins.* Colossians 1:13-14
- *I am complete in Christ.* Colossians 2:9-10
- *I have direct access to the throne of grace through Jesus Christ.* Hebrews 4:14-16

I am secure...

- *I am free from condemnation.* Romans 8:1-2
- *I am assured that God works for my good in all circumstances.* Romans 8:28
- *I am free from any condemnation brought against me and I cannot be separated from the love of God.* Romans 8:31-39
- *I have been established, anointed and sealed by God.* 2 Corinthians 1:21-22
- *I am hidden with Christ in God.* Colossians 3:1-4
- *I am confident that God will complete the good work He started in me.* Philippians 1:6
- *I am a citizen of heaven.* Philippians 3:20
- *I have not been given a spirit of fear but of power, love and a sound mind.* 2 Timothy 1:7

- *I am born of God and the evil one cannot touch me.* 1 John 5:18

I am significant...

- *I am a branch of Jesus Christ, the true vine, and a channel of His life.* John 15:5
- *I have been chosen and appointed to bear fruit.* John 15:16
- *I am God's temple.* 1 Corinthians 3:16
- *I am a minister of reconciliation for God.* 2 Corinthians 5:17-21
- *I am seated with Jesus Christ in the heavenly realm.* Ephesians 2:6
- *I am God's workmanship.* Ephesians 2:10
- *I may approach God with freedom and confidence.* Ephesians 3:12
- *I can do all things through Christ, who strengthens me.* Philippians 4:13

INDUCTIVE BIBLE STUDY

Step #1: Observation -- Make a chart like the following and fill in your observations as you read.

<u>Repeated Words</u>	<u>Lists</u>	<u>Characters</u>
<u>Comparisons</u>	<u>Promises</u>	<u>Commands</u>
<u>Contrasts</u>	<u>Cause & Effect</u>	<u>Questions</u>

Step #2: Interpretation – Also called “timeless truths.” What principles do you see in the passage that anyone could apply to his or her life no matter their time period, country, or culture? Record 2-3 “timeless truths”

Step #3: Application – How do the timeless principles apply to my life today? What do I need to do in response to what I have read and studied in this chapter? Record 2-3 personal application points:

Helpful Questions for Application:

- If I believe this truth, how will I live differently?
- Is there an area of my life that does not align with God's word?
- Is there an example for me to follow?
- Is there a sin to avoid?

ADVANCED STUDY METHODS

1. **Character Study** – In this plan, you focus on one person from the Bible. You seek to discover everything you can about his or her family, background, and walk with the Lord. For example, you could study the life of King David.
2. **Subject or Topical Study** – In this plan, you will identify a certain subject and read all the scriptures you can find relating to that one subject. Then, you can organize and group all the information the Bible teaches concerning that one topic. The appendix called “Holy Spirit Scriptures” is an example of a topical study.
3. **Word Study** – In this plan, you will try to find many verses that address a single word. By comparing how the term is used throughout the Bible, conclusions can be drawn about the word. It is also a good idea to look up the original Hebrew or Greek meaning of the word.
4. **Inductive Bible Study** – This plan is like the THREE QUESTION model in that it provides guided questions that enrich your scripture reading. The structure of this plan is more detailed to allow for a more thorough investigation of the passage. The three key parts of an inductive study are observation, interpretation, and application. See Page 19 for more details.

BIBLE STUDY

GETTING STARTED

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

2 Timothy 3:15-16

God gave us an incredible gift in the Bible. The Bible is a supernatural document, written by 40 authors, composed of over 66 books, and recorded over a period of 2,000 years! The Holy Spirit uses the Bible to speak to us, guide our decision making, and lead us into powerful encounters with God.

Because we value the Word of God so highly we choose to study it, to meditate on it, and to memorize it. As we feed ourselves on scripture God transforms us by renewing our minds. (Romans 12:2)

BEGIN WITH THE BASICS

There are many methods of Bible study. We recommend that you read a passage and then answer the 3 simple questions below:

THREE QUESTIONS TO ASK WHEN READING SCRIPTURE:

1. What does this passage say about God?
2. How does this passage apply to me?
3. How should I obey God's word?

WHERE SHOULD I START READING?

Start with a chapter of John or Mark and answering the THREE QUESTIONS.

DEEPER BIBLE STUDY

All 66 books of the Bible fall into the following general categories:

- Old Testament History (Genesis – Esther)
- Old Testament Wisdom (Job – Song of Solomon)
- Old Testament Prophecy (Isaiah – Malachi)
- Gospel Accounts and Early Church (Matthew – John, Acts)
- General New Testament Books (1 Corinthians – Revelation)

It is a good idea to rotate between these six broad categories, reading through individual books in each category on a regular basis. This healthy rotation will keep you from getting bogged down in one section of the Bible.

A simple plan is to daily take one chapter from 2 or 3 of the categories above and read through them.

Find a combination that is life-giving for you and ask yourself the THREE QUESTIONS as you read the text.

As you read ask the Holy Spirit to teach you. Keep a Bible Study journal to record your thoughts.

Reading the scriptures is interactive. When a verse “jumps out” at you, ask God what he wants to speak to you through the verse.