

CHALLENGE



MAY: P.R.E.S.S. Journal in Ephesians

What is the Challenge?

In *Habits of Grace*, David Mathis encourages us to “Press the Scriptures to your soul. Pray for the awakening of your affections. Bring the Bible home to your heart.” The P.R.E.S.S. Bible Study journal provides a guide to press into the Bible as you read to increase your ability to observe, interpret, and apply the Bible to your life.

How do I do this?

1. PRAY: Ask God to open your heart and mind before reading
(3 minutes)

2. READ: Read the passage through two times for general background and main ideas. Focus on observation and interpretation. What do you see? What does it mean?
(5-10 minutes)

3. EXAMINE: Read the passage again, and use the word “SPACE” to examine and apply the scripture to your life.
(5 minutes)

Sin to Confess | **P**romise to Claim | **A**ction to Avoid |
Command to Obey | **E**xample to Follow

4. SAY BACK TO GOD: Share with God what you have learned and any confession or commitments you are making.
(5 minutes)

5. SHARE WITH A FRIEND: Write down who and when you will share what you have learned and how your life can change.
(3 minutes)