



How to read the Bible

HOW TO JOURNAL

This guide is designed to help you understand the purpose and value of journaling, when reading the Bible.

The benefits to journaling are many! When reading the Bible, journaling gives you the opportunity to explore the Word, contemplate the meaning of Scripture and even moments of pause to reflect and ask God about what a passage means to you.

Journaling can start with some basic questions.

Question 1: What is it saying?

This is as simple as reading a passage of scripture and then writing down what the few verses are saying. This gives context and helps with understanding the scriptures. A group of scriptures has something for us to learn about ourselves, God, his creation or his plan.

The passage could be talking about; God's love, Jesus healing someone, how we should act towards others, that God is detailed, for example.

Question 2: What does it say about God?

What does this passage reveal about the character and nature of God?

This question is important because scripture is our foundation for revelation about the character and nature of God. Having a Bible-based conviction about who God is helps us to read, study and understand the nature of God. It also helps us in challenging times when we need to rely on our previously formed convictions on the Character of God.

This is key to longevity in the Christian faith.

The passage could be saying; God is good all the time, God cares about our cares, God is just, for example.



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Question 3: What does it say to do, or to believe?

Each passage should give us some wisdom on how to live our lives for God. This could be an action we need to take, or a way of thinking that needs to be embraced.

Romans 12:2 says, *"...let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."*

This question helps to apply the scripture to everyday life with practical steps to change our lives. Is there a promise in there for believers that we need to believe and trust or an action to take?

The passage could be saying; that we need to forgive, that we need to think kindly of ourselves, that we can trust God, that we need to help someone, for example.

Question 4: What is it saying to me?

This is where the personal revelation and transformation takes place. This is where we pause and ask God what he is saying to us personally through this passage. Sometimes this might be 5 minute pause, other times it could be longer!

An example could be that read a passage on forgiveness and know that we need to be forgiving, however when we pause the Holy Spirit may direct us to personally forgive someone we have not yet forgiven. It takes the logos Word of God and makes it Rhema (revelation) to us in our current context and situation.

It is in this step that we find personal revelation – it takes the word of God from being for everyone (which it is) but to being personal, alive and active in our lives.