PREPARE

Date:

Scripture Passage: Rom 12:1-5

Dates Followed through:

*Remember*

• This is important and needed time with God and his Word. It’s not just an activity to do.

• **This is a relational time and experience**, not just an informational time. The purpose of this time is to hear and understand what God is saying to you through his Word and to respond appropriately.

• *No one can live only on food. People need every word that God has spoken* [Matt. 4:4b, CEV].

• Come with the attitude, “Lord, what do you want to say to me or show me through your Word?”

•Put other things asideand enjoy this time with God, his Word, and others.

*Pray*

• **Pray the following silently**:

*Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts; And see if there is any wicked or hurtful way in me, and Lead me in the everlasting way.* [Ps. 139:23-24, Amp].

“Lord, is there any sin that I have not confessed and dealt with?” Take a moment to think about it. Repeat the question.

**If there is**, confess it to God and thank him for his forgiveness. Tell him that you want to change and follow his way instead. Then*,* by faith, give the control of your life back to the Spirit of Christ within you to lead, guide, and empower you.

**If there isn’t**, thank God that the Spirit of Christ within you is leading, guiding, and empowering you.

• **Before you open the Bible**, it’s important to pray, acknowledging God’s presence and asking him to open your eyes to the truth, guidance, and power of his Word.

**Pray the following**:

“Lord, thank you for your presence, and for the truth, guidance, and power of your Word. I ask you to speak to me, reveal more of yourself, and give me insight and understanding.”

*Open my eyes to see the wonderful truths in your instructions. Turn my eyes from worthless things, and give me life through your word. You made me; you created me. Now give me the sense to follow your commands* [Ps. 119:18, 37, 73]*.* “I pray this in Jesus’ name. Amen.”

SCRIPTURE PASSAGE

•Take a minute or two and read the passage silently before we begin discussing each verse separately.

1 Tim 4:7-16 (NLT)

7 Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. 8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” 9 This is a trustworthy saying, and everyone should accept it. 10 This is why we work hard and continue to struggle, for our hope is in the living God, who is the Saviour of all people and particularly of all believers. 11 Teach these things and insist that everyone learn them. 12 Don’t let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. 13 Until I get there, focus on reading the Scriptures to the church, encouraging the believers, and teaching them.

14 Do not neglect the spiritual gift you received through the prophecy spoken over you when the elders of the church laid their hands on you. 15 Give your complete attention to these matters. Throw yourself into your tasks so that everyone will see your progress. 16 Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you.

**EXPLORE**

* As a group, we will read and discuss the passage **one verse at a time.** Write the verse number in the left column and write down any thoughts or notes during the group discussion.
* **Group Discussion:**

*What do you see or observe in this verse**(a truth, insight, key word)?* Share what you see or observe.

Verse #

• Turn the page over, and **on your own**, do as much of the **FOCUS** and **RESPOND** sections as you can.

**FOCUS** on *one thing* in the Scripture passage to look into further **on your own**.

**a.** Copy **directly from the passage** either **a word**, **verse**, or **part of a verse** that speaks to you or gets your attention.

**b.** *What does the* ***Scripture*** *I wrote down above* ***mean or imply?*** Ask the question **several times** and write down as many things as you can. You may also ask, *“What can one learn or conclude from the Scripture I wrote down?”*

If you do not finish the FOCUS and RESPONDsections during this time, complete them on your own **in the next day or so**.

**RESPOND** and apply what God is saying to you or showing you in his Word.

**a.** Write down what you will **do**, **change**, or **pray about** from what you are focusing on in the passage.

**b.** Being specific and honest, write out your prayer from what you are focusing on in the passage.

**c.** Silently pray the prayer that you wrote above.

**FOLLOW THROUGH** on the Scripture you focused on [typically 10 to 15 minutes, **two or more times**in the next several days]. Proverbs 4:7b in the Voice Bible says: ***Now, whatever else you do, follow through to understanding****.*

**To follow through** on the Scripture you focused on, do the following:

**1)** Do the *Remember* and *Pray* sections on page 1*.*

**2**) Mark the follow through date in the space on the top of page 1, then read the passage on page 2 again.

**3)** Read what you wrote in both the FOCUS and RESPOND sections above, writing down any additional thoughts.

**4)** Conclude by praying the prayer you wrote in the RESPONDsection.