

# READ & REFLECT

**READ** Before you read each day, pray that the Holy Spirit would prepare your mind and spirit and illuminate the scriptures. IOUS Method

**I** Incline my heart to you, not to prideful gain or any false motives. My focus, affections and desires are fixed on You. *"Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart." Psalm 119:33-34*

**O** Open my eyes to behold wonderful things in your Word. Show me the meaning of what you are saying through these biblical authors. *"Open my eyes, that I may behold wondrous things out of your law." Psalm 119:18*

**U** Unite my heart to fear your name. Overwhelm me with Who You Are! *"Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name." Psalm 86:11*

**S** Satisfy me with your steadfast love. Remind me that You are my portion and all I need. *"Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days." Psalm 90:14*

*\*adapted from When I Don't Desire God, John Piper*

**REFLECT** Journaling is an effective way to process what you are reading. We encourage you to use this method as you work your way through the Bible. SOAP Method

**S** Scripture - Choose a verse from today's reading that stood out to you and write it out.

**O** Observation - Jot down some observations. What are my initial impressions? What would this passage have meant for the original audience in their context and setting?

**A** Application - What does this passage mean for us today? God seeks to instruct us through his Word. He wants to teach us about Himself and about how to live our lives as disciples. While not every promise in the Bible is for us personally, we can learn how to live from these historical accounts. Remember, God is the hero of every story so take a critical look at the passage and don't assume you are mimicking the hero. We are all grumbling, wandering Israelites.

Ask yourself how this text personally applies to you. Is God calling you to repentance, confession, change or action? Make a plan to promptly obey.

**P** Prayer - Thank God for teaching you and ask Him for help in applying these truths to your daily life. Feel free to also jot down other prayer requests and keep track of answered prayers.



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