

REST

Bible Study Method



INDUCTIVE BIBLE STUDY

The REST acronym is a simple and easy method to use when we want to study a verse or passage in the Bible. With this method, you will Read, Explore, Study and Thrive. With this simple method, you can easily understand and apply God's Word to your life. You'll be able to find answers to your questions and grow closer in your relationship with Him.

This method will allow you to learn what you read and examine things further for understanding and application.

As you prayerfully seek God's wisdom, ask Him to give you an understanding about what He wants to teach you from the passage.

READ

Read the passage in question many times. To better understand the story you are studying, read the chapters before and after the passage.

EXPLORE

Write your questions about what you observed while reading. Ask questions about the things you don't understand. Ask questions about the author and audience.

Be sure to ask yourself these questions:

- Who is the passage about?
- What are they doing?
- Where are they doing it?
- What is happening around them?
- Why is this important to know?
- How does this relate to me today?

STUDY

Compare what you read to other parts of Scripture to better understand what is being said. You will find verses to cross reference in the margins of your Bible. You can also use tools found on-line such as Blue Letter Bible.

THRIVE

Apply what you have learned. Which part of this message applies to you today? Write out a statement of affirmation and start practicing this in your life.

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Today's Verse



READ

EXPLORE

STUDY

THRIVE



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