

# The H.E.L.P. process

to hear God speak through the Bible

**HELP** stands for **H**ighlight, **E**xplain, **L**earn, and **P**ersonalize.

- ▶ Read a chapter or two in the Bible and underline (*highlight*) anything that stands out to YOU—even the tiniest bit. Write that verse(s) or passage.
- ▶ Next, *explain* it in your own words. If you were going to tell someone what you just read how would you tell them? Write that down.
- ▶ Now, find the *lesson* in it. Ask God to help you understand something about that and write it down.
- ▶ Finally, ask God what he wants YOU to get out of it for YOUR life. How does it *personally* apply to you and what might you need to do in light of this? *Note: Don't forget that you are doing this WITH God. See Jesus sitting right there with you, guiding you. When you write your thoughts, write them as if you're telling Him.*

**Here's an example: Reading Jonah 1 & 2**

**Highlight:** Jonah 2: 6 & 8

...But you, Lord my God, brought my life up from the pit...Those who cling to worthless idols turn away from God's love for them.”

**Explain:** In the belly of the fish, Jonah stopped running from God and realized his “salvation comes from the Lord” (v.9). He knew God was good and only He had the ability to save him from a dark place.

**Lesson:** Jonah praised God in an unlikely place. When we do our thing our way it's not going to go well. Turning away from God is leaving love behind.

**Personalize:** Father God, the way I've lived is like I've been running away from you. I wanted my way, not your way, and things got bad. Maybe that's like you sending a fish to swallow me up. So you could stop me and let me see I'm going the wrong way. Let me live the life you have planned for me. Help me understand how to do that.

*Go through the same process each day and God's Word will come alive for you. It's a good idea to do one book of the Bible at a time doing a couple of chapters each day. Matthew, Mark, Luke and John are always good ones to start with.*

# HOW TO Read the Bible

AND ACTUALLY GET SOMETHING OUT OF IT



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# How To Read The Bible

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## How the Bible is set up

The **Holy Bible** is made up of two sections:

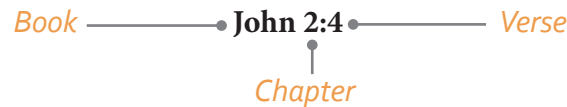
The **Old Testament** is everything that happened from the creation of the world until around 400 years before Jesus was born. The Old Testament (OT) is in the front of the Bible.

The **New Testament** tells of Jesus' birth, life, teachings, death, resurrection, and what to expect in the future. The New Testament (NT) is in the back of the Bible.

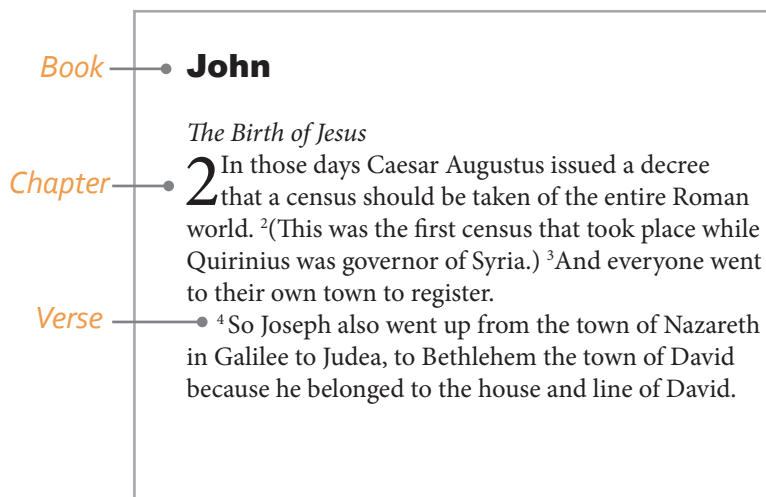
## Finding your way around the Bible

Both the OT & NT are broken down into "**books**." The OT has 39 books starting with **Genesis** and ending with **Malachi**. The NT has 27 starting with **Matthew** and ending with **Revelation**.

Each book is broken down by "**chapters**" typically indicated by a large, bolded number. Smaller numbers within those chapters indicate "**verses**." You will find them referenced like this:



This is how it might appear in your Bible:



## Where to start reading

A good place to start is in one of the first four books of the NT. This will help you understand who Jesus is. **Matthew, Mark, Luke, and John** are called "gospels." That means "good news." Each of them tells what happened when Jesus was alive with a slightly different goal or approach, yet, you will find they tell many of the same stories.

The book of **Luke** is a good overview of Jesus' life, from His birth to his death, his resurrection and his ascension to heaven.

John, one of Jesus' most beloved disciples, wrote the book of **John** so people could know who Jesus was (God in the flesh/Our Savior) and what he said and did that proved that to be true.

## What the RED words are

If your Bible has some of the text in red, that is when Jesus is speaking. Not all Bibles have his words in red, but if yours does, it's nice to be aware of what words were spoken directly by Jesus.

## Why the Bible can be hard to understand

First, it was written by God (through men who were inspired by the Holy Spirit to write it) for every person who would ever be looking for him. It has to cross time, culture, races, genders, and many other obstacles and situations. Second, it is supernatural. It can't be understood by just anyone, but to those who really want to hear from God – to those God gives understanding to<sup>a</sup>.

## How YOU can get something out of it

1) Don't go in there alone. Pray (talk to God) each time before you start reading the Bible (His Word)<sup>b</sup>. Ask Him to give you "eyes to see and ears to hear" and to allow you to understand. Ask him to help you know how to apply what you read to your life.

2) Read the Bible every day. The more you do read it the more it makes sense, the more you'll understand. Use the HELP method:

a: 1 Corinthians 2:6-16; b: 2 Timothy 3:16-17