

ABIDE GUIDE

Welcome to the Abide Guide! Over the next 21 days, it is our prayer that the Lord will use this guide in a significant way as you study the scriptures provided.

We can read our Bibles every day but not really understand what God is saying and how it applies to us. Knowing the “how” of Bible reading allows us to GROW in loving Jesus and becoming more like Him.

That’s why we use the **REAP Method** of Bible reading along with the spiritual discipline of silence and solitude by starting and ending each time in God’s Word with 2 minutes of silence. We want to build healthy rhythms. It’s not easy, but just like it says in **Hebrews 12:11**:

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

This may be a fairly new method for some of you. We have provided an outline and example of the **REAP** process below. As you read each day, take your Bible and journal and highlight these verses. Yes, you can write in your Bible. Underline. Use Post-It notes. Write in the margins. Whatever works for you!

REAP METHOD

Begin with 2 minutes of silence and stillness before God. Ask God to reveal Himself to you, to open your heart and eyes to His Word. Ask Him for a desire for His Word and to be fully satisfied in Him.

READ: What does God say?

What is happening in this passage? What do you see about God? What do you see about man?

EXAMINE: What does God mean?

What jumps out to you? Who is it written by? Who is it written to? What’s one thing you didn’t notice before? What seems interesting or unusual? What comes before and after the text? Is there repetition, comparison, or contrast?

APPLY: What does God want us to do about it?

What truths do you need to believe? What false beliefs must you turn from? How do you need to repent? What can you do – empowered by the Holy Spirit – today to apply this passage?

PRAY: Respond to God’s Word with His words in your words. Pray through the scriptures.

EXAMPLE OF REAP METHOD

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” **Ephesians 4:29**

Examine: (What does God mean?)

Every word I speak, type, text, and post should be words that build up and give grace. According to Ephesians 4:29, every word is important. I have a choice to use my words to bring life or use my words to bring death.

Apply: (What does God want us to do about it?)

Before texting, posting, commenting on a post, speaking, or emailing, I need to consider if my words are encouraging, loving and bring life to a conversation.

Pray: (How does God want us to respond? Pray through the scriptures.)

Father, by the power of your Spirit, let no unwholesome talk come out of my mouth. Guard my tongue, my keyboard, and my phone from words that would poison someone. Give me words that will bring life to others, build up others, and words that give grace so I can transform the environments you put me in with Christlike love.

Conclude with 2 minutes of silence and stillness before God.

Now it's your turn to journal and **REAP** the verses provided for the next 21 days. We encourage you to continue this method long after **ABIDE** ends.

SCRIPTURES

- Day 1 - January 16 - Matthew 11:28-30
- Day 2 - January 17 - Romans 12:1-2
- Day 3 - January 18 - Psalm 78:1-4
- Day 4 - January 19 - Proverbs 3:5-8
- Day 5 - January 20 - Romans 5:3-5
- Day 6 - January 21 - Hebrews 10:23-25
- Day 7 - January 22 - Jeremiah 6:16
- Day 8 - January 23 - James 1:2-4
- Day 9 - January 24 - Ephesians 2:1-10
- Day 10 - January 25 - Jeremiah 1:4-10
- Day 11 - January 26 - Galatians 5:16-25
- Day 12 - January 27 - Romans 8
- Day 13 - January 28 - John 1:1-5
- Day 14 - January 29 - Hebrews 1:1-4
- Day 15 - January 30 - Isaiah 53:4-6
- Day 16 - January 31 - Joshua 1:9
- Day 17 - February 1 - Philippians 4: 6-8
- Day 18 - February 2 - Lamentations 3:22-25
- Day 19 - February 3 - Isaiah 41:10
- Day 20 - February 4 - John 15:1-11
- Day 21 - February 5 - Hebrews 12:11-14