

learn to **STUDY THE BIBLE**

Forty different step-by-step methods to help you discover, apply and enjoy God's Word

*I rejoice at Your word,  
As one who finds great treasure.*  
*Psalm 119:162*

**40**  
**METHODS**



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# LEARN TO STUDY THE BIBLE - CHAPTER 6

## Daily Bread Bible Study (Sample Chapter)

The Lord sustained His people for forty years in the wilderness by miraculously providing fresh manna each morning. Regardless of how much manna they collected, it always was enough nourishment for that day. Similarly, the Lord wants to sustain us, every day, with fresh “spiritual manna” from His Word. The *Daily Bread* Bible study is one of the simplest ways to begin discovering the specific truths that the Holy Spirit has for us each day. This method involves five steps that will lead you to meditate on a single biblical passage, discover its full meaning, and begin applying biblical truths to your life.

Follow these five simple steps to begin your *Daily Bread* Bible study.

### **Step 1 Choose a single passage, paragraph, or chapter to study**

Begin with a plan. You will get the best results when you work your way through the Bible systematically rather than randomly. By studying the Scriptures in this way, you will also become familiar with the whole counsel of God’s Word.

### **Step 2 Pray—Ask God to meet with you**

Before you begin your Bible study, spend time in prayer asking the Lord to reveal Himself to you through His Word. Ask the Holy Spirit to help you see Jesus today.

### **Step 3 Think about the passage you are studying**

Reread the passage a number of times and thoughtfully consider what it is saying. Meditate upon the meaning of the text and how you can apply it to your life. Apply these six “P’s” as you think through the passage:

- Picture it! Visualize the scene. Imagine how you would react if you were there. How would you have felt to be a part of what was going on? Is there anything you can compare this situation to in your life today?
- Pronounce it! Read the verse aloud several times placing emphasis on a different word each time. Notice how the meaning changes and develops. For example, Psalm 25:15, reads:

“**MY** eyes are ever toward the LORD...” (*This is personal—my responsibility.*)

“My **EYES** are ever toward the LORD...” (*What is my focus?*)

“My eyes **ARE** ever toward the LORD...” (*“Are” shows a resolute position.*)

“My eyes are **EVER** toward the LORD...” (*Forever and always: no turning away.*)

“My eyes are ever **TOWARD** the LORD...” (*Am I going in His direction?*)

“My eyes are ever toward **THE** LORD...” (*The one and only Lord!*)

“My eyes are ever toward the **LORD**...” (*Think about His names.*)

Note the different shade of meaning that is added by emphasizing each word and how it brings the verse to life.

- **Paraphrase it!** Restating the passage in your own words helps you to understand it better. Using contemporary language to express the timeless biblical truths you are reading, bridges the gap between the past and the present.
- **Personalize it!** Put your name in place of the nouns or pronouns that are used in the Scripture and read it aloud. (i.e., For God so loved \_\_\_\_\_)
- **Pray it!** Make the verse a prayer. The best way to express faith in God is by taking the promises and truths found in His Word and praying them back to Him.
- **Probe it!** Use the **S-P-A-C-E-P-E-T-S** acrostic to help you locate the different themes of the passage. Silly, yes but it will help you as you look for ways to apply what you are studying and learning to your daily life. Ask yourself:

**S** - Is there a Sin to avoid, forsake, or confess?

**P** - Is there a Promise to believe, and any conditions to meet?

**A** - Is there an Attitude to change or an action to take?

**C** - Is there a Command to keep?

**E** - Is there an Example to follow?

**P** - Is there a Prayer to pray or a priority to change?

**E** - Is there an Error to mark?

**T** - Is there a Truth to meditate upon?

**S** - Is there Something to thank or praise God for?

#### **Step 4 Plan one application**

Write down one application based on the insights you have discovered through your study of the text. Writing your thoughts down will help you to fully think them through and make them easier to remember and apply. It has been proven that writing promotes memory and helps you to express what you have learned more clearly to others. Remember to make your application personal, practical, and provable.

#### **Step 5 Carry your favorite verse with you**

On a small piece of paper (i.e., post-it-note or index card) write down the verse that impacted you the most from your study and carry it with you throughout the day. Occasionally, pull the card out and read the verse. This will help you recall what you studied and keep those truths fresh in your thoughts. You might also want to use this system to begin memorizing Scripture.

*The next two pages contain handwritten examples of the Daily Bread Bible study method to help you better understand how to follow the steps mentioned above. Please visit [www.LearnToStudyTheBible.com](http://www.LearnToStudyTheBible.com) to learn more about this new Bible study resource containing 40 different step-by-step Bible study methods for you to use to get more out of God's Word.*

# DAILY BREAD

**SCRIPTURE** - Matthew 6:22-23

**PICTURE IT** - Jesus is using the picture of a lamp to help illustrate how just as a lamp guides your way and gives you helpful light to navigate a path, so too when your eye is focused on Godly things, you won't stumble into sin. I'm picturing a traveler on a dark path with a lamp.

**PRONOUNCE IT** - helpful emphasis below  
...your **WHOLE** body... - all of me, my thoughts  
...your whole **BODY**... - my physical, human flesh can be directed by a spiritual use of my eyes  
...will be **FULL** of light... - my flesh feels full of sinful thoughts at times, but this promises says my entire being can be full of godliness!

**PARAPHRASE IT** - The guide of my life is my eye. If my vision is focused on Godly things, then all of my being will be filled with God's Word. (Psalm 119:105)

**PERSONALIZE IT** - The lamp of Andy's body is his eye. Therefore, if Andy's eye is good, then his whole body will be full of light...

**PRAY IT** - Father, help my focus today to be good. I want to think about and look at only things that edify me (Philippians 4:8)

**PROBE IT** - using SPACE PETS acrostic  
S - Letting my eyes look at darkness (ungodliness)  
P - Focus my eye, and God focuses all of me!  
A - Be serious about visual temptations.  
C - Matthew 5:28 - sins of the eyes  
E - Joseph - flee sin, don't look upon it  
P - Lord, fix my bad eyes  
E - Living in darkness by being distracted by world  
T - God's Word is my light!  
S - His forgiveness when I have a bad eye

**PLAN APPLICATION** - I'm going to start reviewing movies before I see them in the theater to see if they will be bad for my eyes.

**PORTABLE VERSE** - v.22  
I'm memorizing this verse by the end of the week!