

REST BIBLE STUDY METHOD



REST

The REST acronym is a simple and easy method to use when we want to study one or two verses.

REST (meaning, Read, Explore, Study and Thrive) is a simple bible study method that helps aid in your own personal studies of the Bible. These are simple steps to lead in understanding scripture.

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

Read

Read the passage in question many times and in different translations. Write out the passage or verse.

Explore

Ask questions about the things you don't understand. Ask questions about who is writing and questions about the audience.

Study

Explore the passage further by looking at nearby verses for clarification with cross-reference.

Thrive

Write out a statement of affirmation and start practicing this in your life.

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Read

Explore

Study

Thrive