THE PRESS
BIBLE STUDY METHOD

PREPARE
your Heart

Invite the Spirit to open your eyes, soften your heart and give you understanding.

STEPS to PREPARE

•"Open my eyes that I may behold wonderous things out of your law." (Ps. 119:18)

•"Incline my heart to your testimonies and not to selfish gain." (Ps. 119:36)

READ
the Text

Read the day's passage of Scripture carefully, highlighting as you go.

STEPS to READ

•Take note of anything that jumps out to you.

•Highlight key words or phrases.

•Pay attention to repetition.

•Watch for actions, commands or warnings.

EXAMINE
it Further

Delve deeper into the text you just read by asking **The 3 Questions:**

STEPS to EXAMINE

•What does it say about GOD and His character?

•What does it say about US and our need?

•What does it call us to DO or AVOID?

SEEK
to Apply

Invite the Lord to speak to you about applying the text using the **Live, Die, Give** grid:

STEPS to APPLY

•"Lord, how are you calling me to LIVE for Christ?"

•"Lord, how are you calling me to DIE to Self?"

•"Lord, how are you calling me to GIVE my life in service to others?"

SUBMIT
everything to Him

Submit your life and your needs to Him along with those of your friends & family.

STEPS to SUBMIT

•Submit your concerns & needs to Him in prayer.

•Pray for those who are lost or hurting.

•Submit your day to God and ask Him to use you in His work in the world.

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