

S.T.A.B. METHOD

SUMMARY

Write a few sentences that state what happens in the passage. Put it in your own words. This helps you to start meditating and digesting the passage. If it's a narrative passage put yourself in the character's shoes. Try to imagine what their experience is like. Imagine the scene.

TITLE

Come up with a short title for the passage. This step helps you think about the theme of the passage. What's the big idea that's being communicated?

APPLICATION

What did God say to me today? How should I respond?

Some possible ways to help you respond to what you've heard from the Lord:

- Is there a sin for me to repent of?
- Is there a promise from God to claim?
- Is there an example for me to follow?
- Is there a command for me to obey?
- Does this passage increase my knowledge about God?

You don't have to answer all these questions. These are just to help you meditate on the passage. Allow God permission to speak to any area in your life. Make yourself available to Him.

BEST VERSE

Choose a favorite verse from the passage and record why you chose it. You can chew on this verse throughout the day, memorize it, or even share it with someone if the opportunity presents itself.