

# Till Christ is Formed in You

## Galatians 4:19b

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Dr. Toby Snowden has published twenty-one “Forty-Days of Passion” studies. With each study, there are 50+ study guides. Often times, we fail to focus on the study helps, therefore this study allows us to focus on some of them

The purpose of this five week study is to delve into some of the study helps with the goal of better preparing us to complete the 40 day study, and in all our future Bible studies.

### Acknowledgements

This study was a collaboration with Dr. Toby Snowden, Mel Richards and Debbie Cathey. Thanks to Amy Morren her flexibility in getting the books bound and to Tanner Foster for shooting the videos, and to both Amy and Tanner for all their support.

All Bible References from The Holy Bible, New International Version, copyright 1973, 1978, 1984, by International Bible Society, unless otherwise specified.

# Introduction

Each of the 5 weeks, you will watch a video, and fill in the blanks that you will learn from the video. If possible, find some friends for the discussion, as scripture says “And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:25 NLT

After the video there are 5 days of homework to complete. Discussion of the homework is where most people learn other ideas and insight.

Feel free to use all available references when doing your homework.

Study Help numbers are given as reference only for those who have one of the 40 day books. If you would like one of the 40 day books, please reach out to the church as noted below.

All videos are posted on our YouTube page High Pointe Church Cedar Hill Texas, here you will also find Pastor Toby’s daily vespers (a daily word of encouragement), you can subscribe to receive a text for the vesper by subscribing to 855-910-6823 (it’s free!)

Should you have questions or comments, please reach out to High Pointe Baptist Church, Cedar Hill, either via our website at [www.highpointe.org](http://www.highpointe.org), via Facebook or email [hpbc@highpointe.org](mailto:hpbc@highpointe.org).

Should you like to make a donation, visit our website at: <https://www.highpointe.org/give> .

# Week 1:

Watch the video at <https://youtu.be/S5jo3u0KdGY> and fill in the blanks below:

The Seven Realities of Experiencing God\*:

**Reality 1:** God is always \_\_\_\_\_ around you.

**Reality 2:** God pursues a \_\_\_\_\_ with you that is real and \_\_\_\_\_.

**Reality 3:** God invites you to become \_\_\_\_\_ in His work.

**Reality 4:** God speaks by the \_\_\_\_\_ through the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and the \_\_\_\_\_ to reveal Himself, His purposes, and His ways.

**Reality 5:** God's invitation for you to work with Him always leads you to a \_\_\_\_\_ that requires \_\_\_\_\_ and \_\_\_\_\_.

**Reality 6:** You must make \_\_\_\_\_ in your life to join God in what He is doing.

**Reality 7:** You come to know God by \_\_\_\_\_ as you \_\_\_\_\_, and He accomplishes His work \_\_\_\_\_.

1. Using John 3:16 and Ephesians 3:18 discuss what a continuing love relationship with God looks like. (Reality 2)
2. Read aloud Philippians 3:10. How is it that we can better know Christ? (Reality 7)
3. John 9:4 makes reference to the work of God. Discuss what are the works of God and how they should be done. (Reality numbers 1, 3, and 5.)
4. Share in the group some adjustments that you might need to make in order to join God in His Work (Reality 6)
5. List below the verbs used to describe God's authority. (Focus on Reality numbers 2, 3, and 4)
6. What is required in order for us to join God in His work? (Reality 5)

Close your time in prayer.

\* Taken from, *Experiencing God: Knowing and Doing the Will of God*, Henry Blackaby, LifeWay, 1991.

# Day 1

In order to Hear from God, we must be willing to listen and obey.

Remember to always test everything you think you hear God saying against the Bible! God will not speak against the Bible!

Have you ever heard the phrase, I might as well have been talking to the wall. My (fill in the blank) just doesn't listen to me. Imagine how God feels,

The following are ways and examples of How God speaks to us.

- God has spoken through:
  - Direct Revelation - see Exodus 3: 1-15, 1 Samuel 3:1-14
  - Dreams: Matthew 1:20-25
  - Written words\*** - The Holy Bible; 2 Timothy 3:16
  - Prophets - see Acts: 21:7-13 (Paul's death predicted),
  - Circumstances - Day 2
  - Angels - Day 3
  - The Holy Spirit\*** - Day 4
  - Visions - see Acts 10:1-17
  - Creation - see Psalms 19:1-6, Romans 1: 20
  - Other Believers in Christ\***: see John 1:40-42

\* Items in bold indicate the way God primarily speaks today.

Homework - find at least one additional scripture reference for each way God has spoken, or use a personal experience.

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# Day 2

God speaks through Circumstances:

Review the Story of Laban (Genesis 29-31)

Look back on Genesis 27 -28 to refresh your memory as to why Jacob had fled to Paddan-Aram (Laban)

This is the genealogy of Jesus:  
Abraham - Issac - Jacob - **Judah (4th son with Leah)** - Perez - Herzon - Ram - Amminadah - Nahshon - Salmon - Boaz - Obed, Jesse, King David - Solomon - Rehoboam - Abidjan - Asa - Jehoshaphat - Jehoram - Uzziah - Jotham - Ahaz - Hezekiah - Manasseh - Amon - Josiah - Jehoiachim - Shealtiel - Zerubbabel - Abiud - Eliakim - Azor - Zadok - Akim - Eliud - Eleazor - Matthan - Jacob - Joseph - Jesus

Do you think Laban broke any of the 10 commandments? Which ones? Before the 10 Commandments were written, what were the laws?

How did Jacob’s circumstances work towards Gods will?

In this scripture reference (Genesis 27 - 31), how many ways did God speak?

Make any other observations about circumstances, personal or from scripture.

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## Day 3

God speaks through Angels

We all have some idea of angels, many people believe in Guardian Angels, most of us have seen *It's a wonderful Life* (Clarence - every time a bell rings, an angel gets their wings). What do we believe, vs what is in Scripture?

Read the following scriptures:

Luke 1:26-38

Revelation 1: 20; 14:6; 5:11-12

Job 4:15-18

Isaiah 14:12-14

1 Chronicles 21: 11-17

Note any other scripture regarding Angels, and comment on some other stories you have heard about them.

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## Day 4

God speaks through the Holy Spirit.

Read the following scriptures: 1 Chronicles 12:18-20; Acts 4:8-12, John 14:26; 1 Corinthians 2:10-16

Acts 2 is the account of the Holy Spirit coming as Jesus has promised. Read Acts 2.

Jesus promised to send the ‘advocate’. See John 15:26, John 16:7; Luke 24:49.

John the Baptist also mentions the Holy Spirit: Matthew 3:11

Until Jesus came and died for our sins, we had not been truly forgiven, only through the blood of Christ could we be forgiven and therefore receive the Holy Spirit. Galatians 3:2

The Holy Spirit is mentioned many times in the Old Testament. Beginning in Genesis 1:2. I like to think of these Old Testament Holy Spirit instances as being “on loan”. Find 3 more Old Testament references to the Holy Spirit:

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# Day 5

God speaks to us through written word:

Hearing from God through His Word - The Bible

1. Pray - Ask boldly for God to speak through His Word
2. Listen - God may bring a particular passage to mind
3. Read - Begin to read particular passages or a book
4. Persist - God will eventually speak to you - wait on the Lord
5. Continue - Read the Word daily and let God speak
6. Compare - Correlate other passages on the subject
7. Meditate - Reflect on god's word
8. Memorize - Hide God's Word in your heart
9. Journal - A short pencil is better than a long memory
10. Pray Scripture - Pray Bible words, principles and prayers

*Note: seek godly counsel on how to apply what you hear!*

*Taken from Listening to God, Charles Stanley*

Apply these methods as you work through these 5 weeks and the following 40 day study. Make these a habit for your daily Bible Study

Find a scripture on a topic of your choosing (e.g., something you are passionate about, something you are struggling with or other). Note the scripture below:

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Using the list of 10 items above (Hearing from God through His Word - The Bible) incorporate as many as possible for the scripture you found.

Note your observations below:

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## Week 2:

Study Help 27: Areas of Submission in the New Testament

Study Help 35: The Elements of Influence

The word *submit* in the New Testament is the Greek word *hupotasso*. The prefix *hupo* means under, and the word *tasso* means to arrange. Submission in the New Testament means to arrange in an orderly fashion under the authority of another.

Another word used in the context means to hear under and is often translated to obey.

To be a committed follower of Jesus Christ you must submit to His Lordship. Also you must submit to all areas that the New Testament instructs. Note well the eight areas of submission in the New Testament.

Watch the video at <https://youtu.be/o64Mk0sRtw8> and fill in the blanks below:

1. Submit to \_\_\_\_\_  
James 4:7; Hebrews 12:9
2. Submit to \_\_\_\_\_  
Romans 13:5; 1 Peter 2:13
3. \_\_\_\_\_  
Ephesians 5:21-22, 24; Colossians 3:18
4. \_\_\_\_\_  
Ephesians 6:1; Colossians 3:20
5. \_\_\_\_\_  
Ephesians 6:5; Colossians 3:22; 1 Peter 2:18 (slaves to masters)
6. \_\_\_\_\_ within the Church  
Ephesians 5:21; 1 Corinthians 16:16
7. Submit to \_\_\_\_\_  
Hebrews 13:7, 17, 24
8. \_\_\_\_\_  
1 Peter 5:5

Review Study Help 35 “The Elements of Influence” and discuss how you can implement this into your daily life. (See next page)

Close your time in prayer.

## The Elements of Influence

- I** Me, Myself & I. Who is the authentic you?  
“I AM” Jesus said, Mark 14:62  
“I am crucified with Christ”. Galatians 2:20
- N** Network - Expand, strengthen and utilize your network.  
“I was cupbearer for the King” Nehemiah 1:11
- F** Friend - Be a friend of God and others  
“Abraham... was called the friend of God.” James 2:23  
“A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.” Proverbs 18:24
- L** Learn - Learn “from” and learn “of” others.  
Be an attentive, active, empathetic observer and listener.  
“Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” Matthew 11:29
- U** Under - Willing, glad, appropriate submission.  
“Lead, follow or get out of the way.”  
“I too am a man under authority.” Matthew 8:9
- E** Encourage - Bless and bolster others.  
Encourage...to put courage in.  
“Let us encourage one another.” Hebrews 10:24,25
- N** New - Be open, flexible and willing to change.  
“Always make new mistakes” Esther Dyson  
“Anyone in Christ is a new creation.” 2 Corinthians 5:17
- C** Consider others and cooperate -  
Curious, interested, concerned.  
“Consider others better than yourselves.” Philippians 2:3
- E** Energy - Have the strength and vitality for the task.  
“He has given us a spirit of power.” 2 Timothy 1:7

Concept, not content, inspired by Becoming a person of Influence, John C. Maxwell & Jim Dorman, Thomas Nelson Publishers, 1997 Copyright Toby Snowden, July, 2007

# Day 1

Today we will investigate the familial relationship submission commandments. Wives to their own husbands and children to their parents.

What are some of the ways we struggle with these based on current world problems. Consider aging parents, parents who are not in the picture or are struggling. How can we use God's word to guide and follow God's will?

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Find a Bible story for the following:  
Wives submitted to their husband - what was the outcome  
Wives not submitting to their husbands - what was the outcome.  
Children submitting to their parents - what was the outcome  
Children not submitting to their parents - what was the outcome.  
Discuss Adam and Eve and Ananias and Sapphire in terms of submission

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## Day 2

Submit to God. Review James 4:7 and Hebrews 12:9.

Find two scripture references where someone submitted to God and at least one where they did not. What were the outcomes.

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In what ways can you improve submitting to God?

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## Day 3

Submit to Government.

This seems to be a very controversial subject given the political climate.

How can you/we continue to submit to the government while following God's word?

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Find one scripture where someone did NOT submit to government and what was the outcome?

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Find one scripture where someone did submit to government and what was the outcome:

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# Day 4

Mutual submission within the Church and submit to spiritual leaders.

Review the scriptures Ephesians 5:21; 1 Corinthians 16:16; and Hebrews 13:7, 17 and 24.

Explain in your own words what "mutual submission" means

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Who is/are your spiritual leader (s)? What does it mean to you to submit to them?

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# Day 5

Employees submit to employers (slaves to masters) and younger submit to the older.

Review the scriptures Ephesians 6:5; Colossians 3:22, 1 Peter 2:18 and 1 Peter 5:5.  
Find one more scripture regarding slaves submitting to masters:

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Discuss the challenges of a Christian submitting to an employer who is not Christian:

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Discuss the challenges of an employee submitting to an employer who is younger:

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## Week 3:

Study Help 24, Biblical Meditation.

Watch the video at <https://youtu.be/8SWB-DFgLgo> and fill in the blanks below:

Meditate on:

God - “\_\_\_\_\_.” Hebrews 12:3

Scripture - “*In His law he meditates day and night.*” \_\_\_\_\_

Creation - “\_\_\_\_\_.” Psalm 8:3

Bible Directives - this is meditating on the things \_\_\_\_\_

\_\_\_\_\_. “*Look at the birds, the lilies.*” Matthew 6:26, 28

Virtues - “whatever is true, noble, right, pure, lovely, admirable, excellent, praiseworthy, think about such things.” \_\_\_\_\_

Events and Experiences - “*men of Issachar,* \_\_\_\_\_

\_\_\_\_\_ *and knew what Israel should do.*” 1 Chronicles 12:32

Implementation - “*Do not merely listen to the Word, and so deceive yourselves.* \_\_\_\_\_

\_\_\_\_\_.” James 1:22

But his delight is in the law of the Lord, and in His law he meditates day and night. Psalm 1:2.  
See Joshua 1:8

Meditate on these things: give yourselves entirely to them, that your progress may be evident to all. 1 Timothy 4:15

The Greek word for meditate is *meletao*, take care of, revolve in the mind.

Biblical meditation is a spiritual pursuit and discipline for spiritual growth, formation and transformation. It is *not* some kind of mystical, empty headed, palms up, New Age endeavor. It is pondering, reflecting and seriously considering the things of God in order that you may better implement and adjust to God, God’s Will and God’s Word.

Close your time in prayer.

Each day of homework this week will ask you to read a scripture and meditate on it for 5 minutes. I suggest setting a timer and is possible turning off all devices to minimize distraction.



## Day 1

Meditate on God. “*Consider Him,*” Hebrews 12:3

Define the word “consider” found in verse 3. Discover at the end of the verse why we should “consider Him”.

Meditate on scripture - “*in His law he meditates day and night.*” Psalm 1:2

Read both scriptures, then spend 5 minutes in quiet time meditating on the scripture.

Note any revelations or thoughts from your time in meditation.

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## Day 2

Meditate on Creation - “*when I consider your heaven.*” Psalm 8:3

Meditate on Bible Directives - this is meditating on the things the Scripture tells us to. “*Look at the birds, the lilies.*” Matthew 6:26, 28

Read the scriptures and spend 5 minutes, possibly outside in quiet time.

Note any revelations or thoughts from your time in meditation.

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## Day 3

Meditate on Virtues - *“whatever is true, noble, right, pure, lovely, admirable, excellent, praiseworthy, think about such things.”* Philippians 4:8

Read the scriptures and spend 5 minutes in quiet time.

Note any revelations or thoughts from your time in meditation.

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## Day 4

Meditate on Events & Experiences - *“men of Issachar, who understood the times and knew what Israel should do.”* 1 Chronicles 12:32

Read the scriptures and spend 5 minutes in quiet time.

Note any revelations or thoughts from your time in meditation.

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## Day 5

Meditate on Implementation - *“Do not merely listen to the Word, and so deceive yourselves, do what it says.”* James 1:22

Read the scriptures and spend 5 minutes in quiet time.

Note any revelations or thoughts from your time in meditation.

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## Week 4:

Study Help 21 Praying the virtues of Scripture

There are numerous examples in the Bible where God's people prayed Scripture back to God, i.e. *Acts 4:25, 26*. I recommend that you begin to pray the virtues of the Bible into your life and into the lives of others. By doing so it is tantamount to asking God to make you more like Jesus. Familiarize yourself with the Scriptures below and begin to pray them into your life and the life to others.

Watch the video here [https://youtu.be/RESktr8u\\_xA](https://youtu.be/RESktr8u_xA) and fill in the blanks below:  
(Note, due to a glitch in the video, blanks have been filled in for you)

Matthew 5:3-12. The Beatitudes

Acts 6:3-5. Full of Faith, Holy Spirit and Wisdom

1 Corinthians 13:4-8. The Love Chapter, Love's Virtues

Romans 5:3-5. Suffering, Perseverance, Character and Hope

Ephesians 4:32 Kind, Compassionate and Forgiving

Colossians 1:9-11 Wisdom, Courage and Perseverance

James 3:17,18 Heavenly Wisdom

1 Timothy 6:11 "The Man of God"

2 Peter 1: 5-9 Prayer for Effectiveness

You can pray 2 Peter 1:5-9 like this: "Lord, please give me increase and growth in faith, goodness, knowledge, self-control, perseverance, godliness, brotherly kindness and love. Lord, in doing so please keep me from being unfruitful and unproductive in my life in Jesus Christ. Amen.

Close your time in prayer.

In 2007, Pastor Toby created a 40 day study concerning “Daily Prayer Principles”. We will use the following principles for our homework this week.

1	Learn the names of God and use them in prayer!	21	Memorize and pray Scripture!
2	Remember who you are and to whom you are speaking!	22	Be honest with God and agree with Scripture!
3	Bless God and others through prayer!	23	God hears, sees, knows and rewards! Pray like it!
4	As you pray tell God how great He is!	24	Make more spiritual than material requests!
5	Ask God for spiritual growth for yourself and others!	25	Fast and pray!
6	Ask God for wisdom for yourself and others!	26	Pray and live to please God!
7	Ask God to hear your prayer and to forgive your sins!	27	Pray like Jesus!
8	Ask God to turn your heart in full commitment to Him!	28	Make prayer a priority! First things first!
9	Where are your tears? Ask God for a tender heart!	29	Pray for great boldness to speak God’s Word!
10	Be a grateful saint! Give thanks to God!	30	Be persistent in prayer! Pray without ceasing!
11	Ask God to make you a willing, cheerful and generous giver!	31	Watch and pray! Be vigilant! Pray for one hour!
12	Pray for spiritual power and His glory in your church!	32	In humility seek God and adjust your life to Him!
13	Admit your sin and pray for moral purity!	33	Pray aggressively! Pray for Kingdom growth!
14	Ask God to break your heart over the things that break His!	34	Engage in spiritual warfare! Pray for victory!
15	God keeps His covenants and so should you!	35	Ask God for pure motives!
16	Repent and do the things you did at first! Revelation 2:5	36	Say and pray, “Lord willing,” “Your will be done!”
17	Establish set times to pray and pray spontaneously!	37	Pray believing! Ask God for great things!
18	Pray in the plural! Use we, us our and ours!	38	Agonize in prayer!
19	Pray the virtues of Scripture!	39	First things first! Pray first, fervently and frequently!
20	Pray for revival!	40	Maranatha! Come Lord Jesus! Pray for Christ’s return!

# Day 1

The apostle Paul included prayers in his letters to churches and individuals. Read the passages below in order to discover why Paul was praying for these people. Note the prayers and compare them with how we pray.

- Ephesians 1:15-22 (focus on v. 17,18)
- Ephesians 3:14-21 (focus on v. 18,19)
- Philippians 1:3-11 (focus on v. 9-11)
- Colossians 1:3-14 (focus on v. 9, 10)
- Colossians 4:2-6
- Philemon 4-7

Note how we can pray more spiritually as Paul's prayers display.

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## Day 2

The Names of God.\*

Elohim	Powerful God	Genesis 1:1
Adonai	Lord	Genesis 15:2
El Elyon	God Most High	Genesis 14:19
El Shaddai	Almighty God	Genesis 17:1
Yahweh/Jehovah	LORD	Genesis 2:4
Jehovah Jireh	The LORD Provides	Genesis 22:14
Jehovah Rophe	The LORD Heals	Exodus 15:26
Jehovah Nissi	The LORD Is My Banner	Exodus 17:15
Jehovah Mekadesh	The LORD Who Sanctifies	Leviticus 20:8
Jehovah Shalom	The LORD Is Peace	Judges 6:24
Jehovah Tsidkenu	The LORD Is Our Righteousness	Jeremiah 23:6
Jehovah Rohi	The LORD is My Shepherd	Psalms 23:1
Jehovah Shammah	The LORD is There	Ezekiel 48:35

\*Taken from "The Names of God" by Kenneth S. Hemphill, Broadman & Holman Published, 2001

Choose 5 names of God. For each week of your 40 day study when writing your prayer, use one of these names of God in your written prayer.

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## Day 3

Choose one of the other 40 daily prayer principles and write a prayer below using that principle.

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## Day 4

Choose one of the other 40 daily prayer principles and write a prayer below using that principle.

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## Day 5

Choose one of the other 40 daily prayer principles and write a prayer below using that principle.

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## Week 5:

Study Help 23  
Seven fold Plan for Bible Study

Watch the video here: [https://youtu.be/h3u\\_i2bY1cM](https://youtu.be/h3u_i2bY1cM) and fill in the blanks below:

1. Appreciation - Grasp the nature, quality and significance.

\_\_\_\_\_ - Have a deep love and respect for the Word of God. Psalm 119:159... I love your precepts....

2. Investigation - Observe, cross-examine, and inquire.

\_\_\_\_\_ - The ability to notice all key factors in a Bible text, Proverbs 24:30-34... I learned a lesson from what I saw.

3. Explanation - Tell the meaning, understand & make plain.

\_\_\_\_\_ - Paraphrase - put the meaning in your own words. Nehemiah 8:8 ... make clear and give the meaning

4. Meditation - To contemplate, reflect upon and ponder,

\_\_\_\_\_ - Think deeply and consider seriously God's Word, Psalm 1:2...delight in and meditate upon God's Word.

5. Implementation - Put to use for some practical purpose.

\_\_\_\_\_ - Specific, simple, singular, measurable, helpful response. James 1:22...don't just listen, do what it says.

6. Connection - To show a relationship.

\_\_\_\_\_ - Locate other references that correlate to the text.  
*The best commentary on the Bible is the Bible!*

7. Memorization - To bring to mind what has been learned.

\_\_\_\_\_ - Spend time committing God's Word to mind & heart. Psalm 119:11...I have hidden your word in my heart.

This week we will discover how to complete the daily study for the 40 Days of Passion Study "At Once" The Gospel According to Mark.

For the next 5 days, we will return to the story of Jacob and Laban, and use Genesis 29:1-30.

Close your time in prayer.

# Day 1

Appreciation - Grasp the nature, quality and significance.

Investigation - "See it!"

This is the discovery phase. Make as many observations of the passage as possible. You cannot learn what you do not observe. If you do not "see it" you cannot apply or pass it along. Two things will not change as you do these forty day studies. The first is the fact that every verse or passage has a context. Do not hesitate to look ahead and behind of the Scripture in question to gain additional information. Also, this study deals with the biblical content of the gospel according to Mark. Look for correlating passages to compare and contrast. See Connection - "Know it" in each daily study.

When you first get started, I encourage you to do the investigation phase of the daily study and put the booklet aside for a while. Come back after that and make new observations. It is always amazing to see what you observe from the text by means of a second look.

Do not be reluctant to ask a question for which you do not know the answer or to note a word that is unfamiliar to you. Remember, this portion of the daily assignment is simply and purely investigation. You are to observe and study through close examination. Try to see as much, ask as much and think as much as you can. Remember that this step is to be done with only your Bible and your booklet. In fact, I encourage you to use a Bible without helps, notes, reference markers and the like. The very real tendency is to "short cut" the process by looking to the helps and notes too soon. See and discover all you can. Ask God to show you His truths from His Word, the Bible. The challenge comes with the excitement of discovery, the discovery of God's powerful truth as revealed in Scripture.

Complete the investigation phase below:

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## Day 2

Explanation - "Say it!"

Explanation is NOT just a repeat of Investigation.

To begin this phase answer as many questions, define as many words and clarify as many relationships as you can on your own. Once you have exhausted your knowledge, then and only then, is it time to go to the helps. Have them on hand and get them ready. A good study Bible, Bible dictionary, English dictionary, Bible concordance, Bible commentaries, other Bible translations, internet sources and Bible apps can all be useful.

Try to look at everything through "spiritual" lenses. You will need to be open to the many references and practical spiritual lessons. Do not refrain from considering the mind, will and emotions as you look for spiritual insights. Remember the challenge is to *think, act and feel* in new ways. I am asking you to identify the main idea in the passage and to put it in your own words. It is at the point that you will begin to face a new but good challenge. To identify the main idea might be as much Spirit led as it is Bible fed. It is a real challenge to put the main idea in your own words. This is called a *paraphrase*. It has been said that it is only when you can put a passage in your own words that you truly understand what the passage means. If *investigation* is discovering what the passage says, then *explanation* is determining and stating what the passage means.

Your prayer/accountability partner and your home or small group can be very helpful at this point. *As iron sharpens iron so one person sharpens another*, Proverbs 27:17, and so you need to hear the insights of others. Remember the two great challenges are determining the main idea and then putting it into your own words. If you can't say it do you really know it?

It can also be helpful to go back to the passage after having left it alone for a while. Also, it can be interesting to see how your thoughts on the explanation of the passage may change the further you get into the study. Remember, "*Openness to challenge is opportunity to change.*" Always be open to new and additional ideas and to new and better ways of saying them. Remember that in the case of the paraphrase, "less is more." The fewer words in a paraphrase, generally the better.

Complete the explanation section below:

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**Day 3**

Meditation - “Ponder it!”

God speaks through His Word, the Bible. As you do the daily studies you will discover that there will be certain verses, or thoughts within a verse, that just seem to “jump out” at you. Don’t just look for the selected Scripture portions are all taken from the Gospel according to Mark. As the title represents, some days it might be a verse, somedays a phrase and yet somedays it will only be a word. In the realm of the profound often we find that less is more. Ask the Lord to guide you.

Some days the “key” verse or thought will be obvious and irresistible. Other days you will need to look for it. Nevertheless, be sensitive to what the Holy Spirit will speak through the Bible. By looking for a “key” verse or phrase you might better unlock the meaning of the passage.

Meditate on this scripture and write your key verse or phrase below:

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## Day 4

Implementation - "Do it!"

*"Do not merely listen to the word, and so deceive yourselves. Do what it says"* James 1:22. The Nike Corporation has had a slogan for a long time that reminds us of the importance of action, "Just Do It!" The name of the company comes from the Greek word that means "victory". In order to be victorious in life you must do what the Bible says.

In Pastor Toby's office, there is an art object that says, *"Change is good, you go first."* It is very easy to point out the faults and flaws in others but to miss or be unwilling to deal with our own. James 1:25 states that whoever looks intently into the Bible and does and keeps on doing what it says will be truly blessed. In applying the Bible to our lives, we make personal, measurable, and specific changes. Another art object in his office states *"Motivated People Find a Way!"*

Write any changes or adjustments you need to make based on Genesis 29:1-30

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Journal - Write a prayer

The journaling can be insights, reflections, correlations, impressions or commitments, as you seek to think, act and feel in new ways. Do not just read the words but study the Bible text for what is being communicated. Let your thoughts flow. Some days it may be a truth you grab and other days it may be a truth that grabs you. All is grist for the mill. Baptists and evangelicals have not been known for written prayers. Reference Acts 4:23 - 31 and see how scripture, experience, passion and desire impacted this prayer of the early church. Do not miss the fact that this is a written prayer. This discipline may be challenging at first, but I am hoping that this exercise will be enriching and empowering to you personally, to your prayer partners, your group, and to your church. The written prayers do not have to be long. Remember, it is better to have a heart without words than words without heart. Be sure and use the Saturday reflection time to re-read your prayers for the week.

Write a prayer regarding Genesis 29:1-30

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## Day 5

Connection - "Know it!"

The best commentary on the Bible is the Bible. In this portion of the study write any verses the Lord brings to mind that relate to, complement, explain, comment upon or harmonize with the passage of scripture that you have studied today. Once you have done this you may use such helps as a center column reference or footnotes in your Bible but only do so after you have looked up and read the verses on your own.

Note any other verses that complement Genesis 29:1-30

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"At Once"

At the end of each study will be an "At Once" section where you are to write the main idea, the key spiritual concept for the day. This is the truth that you have learned that day about God, the things of God, and Jesus Christ put into your own words.

What "key thought" or spiritual insight did you learn about Genesis 29:1-30?

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