



S A C R E D

*...and how from childhood you have been
acquainted with the sacred writings,
which are able to make you wise for
salvation through faith in Christ Jesus.*

2 Timothy 3:15

PERSONAL & GROUP STUDY GUIDE

GROUP SCHEDULE

- | | |
|--------------|--|
| August 19 | Church-wide gathering / Baptism at the creek |
| August 26 | Session 1 |
| September 2 | Session 2 |
| September 9 | Session 3 |
| September 16 | Session 4 |
| September 23 | Session 5 |
| September 30 | Session 6 |
| October 7 | Session 7 |
| October 14 | Session 8 |
| October 21 | Session 9 |
| October 31 | Session 10 |
| November 4 | Session 11 |
| November 11 | Session 12 |
| November 18 | Closing Session |

COMMUNITY BIBLE READING PLAN

DAY	DATE	OLD TESTAMENT	NEW TESTAMENT
WEEK 1			
MON	8/20	Psalm 119: 1-8	John 1: 1-18
TUES	8/21	Psalm 119: 9-16	John 1: 19-34
WED	8/22	Psalm 119: 17-24	John 1: 35-51
THURS	8/23	Psalm 119: 25-32	John 2: 1-12
FRI	8/24	Psalm 119: 33-40	John 2: 13-25
SAT	8/25	Psalm 19 (Memorize)	
WEEK 2			
MON	8/27	Psalm 119: 41-48	John 3: 1-21
TUES	8/28	Psalm 119: 49-56	John 3: 22-36
WED	8/29	Psalm 119: 57-64	John 4: 1-45
THURS	8/30	Psalm 119: 65-72	John 4: 46-54
FRI	8/31	Psalm 119: 73-80	John 5: 1-18
SAT	9/1	Psalm 19 (Memorize)	
WEEK 3			
MON	9/3	Psalm 119: 81-88	John 5: 19-47
TUES	9/4	Psalm 119: 89-96	John 6: 1-15
WED	9/5	Psalm 119: 97-104	John 6: 16-21
THURS	9/6	Psalm 119: 105-112	John 6: 22-59
FRI	9/7	Psalm 119: 113-120	John 6: 60-71
SAT	9/8	Psalm 19 (Memorize)	
WEEK 4			
MON	9/10	Psalm 119: 121-128	John 7: 1-36
TUES	9/11	Psalm 119: 129-136	John 7: 37-53
WED	9/12	Psalm 119: 137-144	John 8: 1-11
THURS	9/13	Psalm 119: 145-152	John 8: 12-30
FRI	9/14	Psalm 119: 153-160	John 8: 31-59
SAT	9/15	Psalm 19 (Memorize)	

COMMUNITY BIBLE READING PLAN

DAY	DATE	OLD TESTAMENT	NEW TESTAMENT
WEEK 5			
MON	9/17	Psalm 119: 161-168	John 9: 1-41
TUES	9/18	Psalm 119: 169-176	John 10: 1-21
WED	9/19	Psalm 119: 1-8	John 10: 22-42
THURS	9/20	Psalm 119: 9-16	John 11: 1-57
FRI	9/21	Psalm 119: 17-24	John 12: 1-11
SAT	9/22	Psalm 19 (Memorize)	
WEEK 6			
MON	9/24	Psalm 119: 25-32	John 12: 12-36
TUES	9/25	Psalm 119: 33-40	John 12: 37-50
WED	9/26	Psalm 119: 41-48	John 13: 1-30
THURS	9/27	Psalm 119: 49-56	John 13: 31-38
FRI	9/28	Psalm 119: 57-64	John 14: 1-14
SAT	9/29	Psalm 19 (Memorize)	
WEEK 7			
MON	10/01	Psalm 119: 65-72	John 14: 15-31
TUES	10/02	Psalm 119: 73-80	John 15: 1-17
WED	10/03	Psalm 119: 81-88	John 15:18-27
THURS	10/04	Psalm 119: 89-96	John 16: 1-15
FRI	10/05	Psalm 119: 97-104	John 16: 16-33
SAT	10/06	Psalm 19 (Memorize)	
WEEK 8			
MON	10/08	Psalm 119: 105-112	John 17: 1-26
TUES	10/09	Psalm 119: 113-120	John 18: 1-27
WED	10/10	Psalm 119: 121-128	John 18: 28-40
THURS	10/11	Psalm 119: 129-136	John 19: 1-16
FRI	10/12	Psalm 119: 137-144	John 19: 17-42
SAT	10/13	Psalm 19 (Memorize)	

COMMUNITY BIBLE READING PLAN

DAY	DATE	OLD TESTAMENT	NEW TESTAMENT
WEEK 9			
MON	10/15	Psalm 119: 145-152	John 20: 1-18
TUES	10/16	Psalm 119: 153-160	John 20: 19-31
WED	10/17	Psalm 119: 161-168	John 21: 1-14
THURS	10/18	Psalm 119: 169-176	John 21: 15-25
FRI	10/19	Psalm 119: 1-8	
SAT	10/20	Psalm 19 (Memorize)	
WEEK 10			
MON	10/22	Psalm 119: 9-16	1 John 1: 1-10
TUES	10/23	Psalm 119: 17-24	1 John 2: 1-14
WED	10/24	Psalm 119: 25-32	1 John 2: 15-17
THURS	10/25	Psalm 119: 33-40	1 John 2: 18-27
FRI	10/26	Psalm 119: 41-48	1 John 2: 28-3:10
SAT	10/27	Psalm 19 (Memorize)	
WEEK 11			
MON	10/29	Psalm 119: 49-56	1 John 3: 11-24
TUES	10/30	Psalm 119: 57-64	1 John 4: 1-6
WED	10/31	Psalm 119: 65-72	1 John 4: 7-21
THURS	11/01	Psalm 119: 73-80	1 John 5: 1-5
FRI	11/02	Psalm 119: 81-88	
SAT	11/03	Psalm 19 (Memorize)	
WEEK 12			
MON	11/05	Psalm 119: 89-96	1 John 5: 6-12
TUES	11/06	Psalm 119: 97-104	1 John 5: 13-21
WED	11/07	Psalm 119: 105-112	Rev. 1: 1-20
THURS	11/08	Psalm 119: 113-120	Rev. 4
FRI	11/09	Psalm 119: 121-128	
SAT	11/10	Psalm 19 (Memorize)	

COMMUNITY BIBLE READING PLAN

DAY	DATE	OLD TESTAMENT	NEW TESTAMENT
WEEK 13			
MON	11/12	Psalm 119: 129-136	Rev. 5
TUES	11/13	Psalm 119: 137-144	Rev. 19
WED	11/14	Psalm 119: 145-152	Rev. 20
THURS	11/15	Psalm 119: 153-160	Rev. 21
FRI	11/16	Psalm 119: 161-176	Rev. 22
SAT	11/17	Psalm 19 (Memorize)	

What is the H.E.A.R. Bible Journaling Method?

The **H.E.A.R.** journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word.

The acronym **H.E.A.R.** stands for **Highlight, Explain, Apply, and Respond**. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God.

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word (1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: "Open my eyes, that I may behold wondrous things out of Your law (Word)" (Psalm 119:18).

After praying for the Holy Spirit's guidance, open your notebook or

journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, highlight each verse that speaks to you by copying it under the letter "H". Write out the following:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you
- A title to describe the passage

This practice will make it easier to find the passage when you want to revisit it in the future. After you have highlighted the passage, write the letter "E" under the previous entry. At this stage you will EXPLAIN what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to get you started:

Why was this written?

To whom was it originally written?

How does it fit with the verses before and after it?

Why did the Holy Spirit include this passage in the book?

What is He intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning.

After writing a short summary of what you think the text means, write the letter "A" below the letter "E". Under the "A", write the word Apply. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

How can this help me?

What does this mean today?

What would the application of this verse look like in my life?

What is God saying to me?

These questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the "A". Challenge yourself to write between two and five sentences about how the text applies to your life.

Finally, below the first three entries, write the letter "R" for Respond. Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you through His Word. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the H.E.A.R. formula are action words: Highlight, Explain, Apply, and Respond. God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him. Jesus said,

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you" (Matthew 7:7).

Think of the miracle of the Bible. Over centuries of time, God supernaturally moved upon a number of men in an unusual way that resulted in them writing the exact words of God. God led His people to recognize these divine writings, and to distinguish them from everything else that has ever been written. Then God's people brought these sixty-six books together. The preservation and survival of the Bible is as miraculous as its writing. Then God gave men, beginning with Gutenberg's printing press, technological knowledge to copy and transmit the Bible so that all people could have it. All because God has something to say to you.

Sample H.E.A.R. Entry

Read: Philippians 4:10-13

Date: 8-27-18

Title: Secret of Contentment

H (Highlight)

"I can do all things through Christ who strengthens me." Philippians 4:13

E (Explain)

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply)

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond)

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

H.E.A.R. Journal Entry

Psalm 119:18 "Open my eyes, that I may behold wondrous things out of Your law (Word)"

H

E

A

R

How Did God most impact you through His Word today?
Who will you share that with?

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How Did God most impact you through His Word today?
Who will you share that with?

Weekly Group Time (60-90 minutes)

Use this to guide your weekly meeting with others

30 Minutes-

- Grow in relationship together:
 - ▶ What are your highs and lows from the week?
 - ▶ Where is God at work in your life?
 - ▶ Share and listen to each others stories. Take turns and hear from everyone in the group over the course of this series. (For help in sharing your story, see resource on website at *brookstonechurch.org/sacred* - "Sharing Your Story")
- Weekly Bible reading discussion:
 - ▶ How Did God most impact you through His Word this week? (Use your journal to discuss areas that God has been at work in your life).
 - ▶ In what ways do you need to respond to His Word? How can your group help you in this?
 - ▶ But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. (**James 1:22-25**)

30 Minutes-

- Sermon Discussion Questions for the week. (See website for Questions from the past week's sermon *brookstonechurch.org/sacred*)

30 Minutes- *Break up into Gender Specific Groups of 3-5 people.*

- Work on memorizing Psalm 19 together. Encourage one another weekly in this discipline and take turns reciting what you have memorized. Reflect on how this has impacted you.
- Spend time praying for the person next to you. Learn to share life and pray with one another throughout the week.

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