



Coaching Tips for Reading & Reflecting on Scripture

Note: Before reading the Bible, always pause and ask God to speak to you through His Word.

#1: Remove the Excuses

- I'm too busy...
- I've already studied all that...
- I don't like to read, I'm just practical...
- I will leave that to the scholars and the pastor...

#2: Always ask first, "What did it mean to them?"

- AIM (Authors Intended Meaning)
- Context, Context, Context (What is the overall context of the passage; the verses before and after)
- What was the background and/or setting? Who was the book written to? What was the occasion?

#3: Scripture Interprets Scripture

- Is this a principle to live by or a specific instruction for them?
- When in doubt, ask "What does the rest of Scripture have to say?"

#4: Ask, "What does this mean to me?"

- Once the biblical principle is established, you ask "How do I apply this to my life?"
- Am I living this principle currently?
- Always end your reading time with the question, "Spirit of God, what do you want me to do?"

#5: Reflect/Meditate on the Passage

- Journal the question, "How can I apply this to my life?"
- Silently reflect/meditate on God's Word by LISTENING for His Voice and to His Word... (God's Word is living and inspiring; not dead)
- Pray... God's strength to apply today

Fasting

Key Principles:

- God knows that if we don't discipline ourselves and consistently curb our appetites, our appetites will consistently curb us. Fasting helps reduce our appetite for "things" and helps increase our appetite for God.
- "Let nothing become master over you, except Jesus." Fasting helps us make sure that nothing has mastered us.

Key Question:

"What masters you?" or "What is pulling you away from your priorities?" Your answer will point you towards the thing(s) you should fast from.

Types of Fasting to Consider:

- Meal (one meal, all day, or...)
- Electronics (no TV, Cell, Email, etc...)
- Hobbies
- Anything that could "master you"

Application: Make fasting a regular part of your personal spiritual practices.

Solitude...

- is the absence of noise, so that we can LISTEN.
- is letting go of our thoughts and agendas and LISTENING to God's thoughts and agenda.
- without LISTENING to God, is just silence.
- helps us SEE God's work in our lives & not our own.

Application: After your Bible Study, begin to reflect in solitude (silence). LISTEN to the Holy Spirit.

Prayer

Here is a guide to help you in your prayer time:

Adoration - Begin your time by reflecting on the nature of God; who He is - His wisdom, power, love, mercy, faithfulness, etc. Spend time adoring God and expressing your love to Him.

Confession - After getting a proper view of God, spend some time in confession, asking God's forgiveness for sins.

Thanksgiving - After confessing to God, take some time to thank God for who He is and what He has done, and is doing, in your life. Name the things you're thankful for.

Supplication - Finally, bring your needs before God. The word supplication means "to ask humbly and earnestly." This is also a great time to bring the needs of others before God; interceding for them.

**Prayer is connecting with God.
It requires consistency & open communication.**

