

Bible Study Part 2

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I. Introduction.

A. Tips for Bible study.

1. Schedule a quiet time every day, not necessarily a Bible Study.
2. It is better to study the Bible once a week for an extended period than sporadically.
3. Avoid the television.
4. Have a Bible study when you are awake and at your best.
5. Keep a notebook.
6. Get the right Bible Study tools such as Vine's Expository Dictionary.
7. Spend a short time in prayer before Bible study. (Psalm 119:18)

II. Chapter summary method.

A. This method is easy to learn.

B. Read the chapter.

1. Read a chapter five times.
2. Read it through without notes to avoid distraction.
3. Read it through in different languages.
4. Read it aloud.

C. Give a chapter title to summarize what is in the chapter. The shorter the title, the better it is.

D. Describe the contents of the chapter through a summary, outline, paraphrase, description or a list.

D. List the chief people in the passage.

E. Look for the most important verse.

F. Identify the chief words used.

G. Cross-reference other verses.

H. List what the chapter teaches us about Christ.

I. Write down the central lesson.

J. In conclusion, write down a project to apply to the life.

III. Text: I Kings 19.

A. Elijah was in an emotional mess because of faulty thinking.

B. Depression comes from misconceptions. We need to choose to think differently.

C. We are depressed because we focus on our feelings rather than the facts.

D. We are depressed because we compare ourselves to others.

E. We are depressed because we try to control other people. You can be responsible to people, but you cannot be responsible for people.

F. We are depressed because we exaggerate the negative.

G. Solutions.

1. Take care of your physical needs.

2. Do not suppress your frustrations—confess them to God.

3. Get ready for a fresh awareness of God's presence in your life—we need to get alone with our Bibles.

4. Let God give you new purpose and direction in your life.

Application questions:

1. Why is reading the chapter so many times important for this method?

2. What is the purpose of looking for what a chapter teaches about Christ? Explain.

3. What stood out to you about the chapter study on I Kings 19? Explain.
