

# STOP Bible Study Method

One of the disciplines that is vital to Spiritual Formation in Christ is the discipline of study. This discipline can be intimidating when you feel like you don't have the tools or the knowledge to properly study the Bible. S.T.O.P. was created to give you a simple method to use as a starting point for studying the Bible.

S.T.O.P. stands for summarize, truth, observation, and prayer. This provides you with four steps to do as you look at a particular passage of Scripture. The three tools you need to do S.T.O.P. are a Bible, a pen or pencil, and a journal. A highlighter could also be used to highlight your favorite verses.

To begin your time of study choose a passage of Scripture. I would suggest picking a book of the Bible and then take a small passage, 10 or 12 verses, to study. This way you can slowly study the whole book and hopefully gain a greater understanding of what that book is about.

At the top of the page of your journal write the date and the Scripture passage you will study. Pray and ask God to show you the truth and application He has for you. Read through the passage two or three times. Remember, it doesn't need to be a long passage.

**S** — Summarize the passage you read. Put it into your own words. By doing this you think about what the main point of the passage is about as you create a paraphrase of that passage.

**T** — Identify the main Truth of the passage. As you read and study a passage of Scripture the Holy Spirit will highlight an idea or thought for you. Write down what that truth is and explain its relevance to your life.

**O** — What are your Observations about the passage? Do you see any connections with other passages of Scripture? Is there a new insight you have about God's Word? What problem or issue might the author be addressing?

**P** — Pray the passage. Ask God to give you the strength and courage to apply the passage to your life. Thank God for the promise that is found in passage. Confess to God the ways you have failed to live out the truth of passage.