

Picking Apples ISN'T HARD



*A
booklet
designed to train you in the art of
reading and applying the Bible to your daily life.*



**Published by Ephesians 3:20 Publishing
a division of Reaching America Ministries
4180 44th Street SE Suite A
Grand Rapids, MI 49512**

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*Apples are there to be picked. So are the promises
of God.*

*Apples are found on trees. God's promises are
found in his Word.*

*Apples aren't any good to you unless you pick
them. Neither are the promises of God.*

*Apple picking isn't hard. Picking promises from
God's Word can be hard. Most of us need some
training.*

This little course is designed to train you in the
precious art of picking God's promises from His
Word and putting them in your life.

Apple picking won't change your life.

**Picking God's promises
will!**

About the Author

Dr. John Devries is the founder of two organizations; Reaching America Ministries and Mission India. For over forty years John has worked and prayed diligently to equip God's people to be Biblically literate in both the United States and in India.

Read this before you start!

Remember back when you were a little child? Were you one of those kids who liked to take things apart and put them together again (usually with very limited success)? Children have a way of doing that. Leave something around and their curiosity gets the best of them—they'll take it apart to see what inside, and then they'll tries to put it back together again and get it working.

Stop to think about it; that's the way we really learn isn't it? You have to take something apart to understand how it is made, and you can't say that you really understand it until you put it back together again and get it working.

If you would like to read the Bible, you must do it this same way. You must take a section apart and try to understand it; next you must put it back together and get the general challenges out of it; and finally you must make it work by applying those challenges to specific situations in your life that day!

We hope this little course will help you do that. We intend it to be more than a devotional guide—it's a training tool—designed to train you in the art of reading and applying the Bible in a meaningful and practical way in your daily life. May God bless you in an unusual way as you study his Word!

JUST A MINUTE!

What translation are you using?

It will help you immensely if you use the translations on which this course is based. We used the NIV translation. It isn't necessary to have this translation. But it will help you.

ANOTHER THING!

Be sure to read the passage over at least two times before you start the lesson.

WHO WAS TIMOTHY?

Timothy was converted under Paul's ministry—probably on Paul's first missionary journey. He had a Jewish mother and a Greek father. He became Paul's assistant on his second missionary journey, after his ordination to the ministry.

He was commissioned by Paul to be Paul's personal representative at the Ephesian church, and he was there when Paul wrote to him around the year 64-65 A.D. The main purpose of this first letter is to warn Timothy against false teachers in the church and to encourage him in his ministerial tasks. It is a very warm and loving letter.

Here are a few ways in which you can use this Bible course.

When I originally wrote the course, I intended it to be used in private devotions. It was my idea that you would work out a lesson a day and let that constitute your period of private prayer and study.

But, this course can be used in other ways. Use it in a Bible study group. Try working out a lesson together, discussing each question and arriving at a common answer. After you have concluded your Bible Study, engage in a short session of prayer, using the prayer page of the lesson as a guide.

What about teaching new Christians how to read and study the Bible? Use this book to disciple a new Christian in your church. Work through this booklet together sharing your “pickings”.

May I suggest one more way? One of the biggest failures of my ministry lay in the fact that I never taught my young people how to read and apply the Bible to their personal lives. As a break in your regular curriculum in Sunday school, introduce this course for a fifteen-week period. I think that it could be used by either Junior or Senior High, with a little help and adaptation from the teacher. Encourage your class to work out the answers to the questions right in class by way of general discussion. Conclude each period with a session of prayer, using the prayer page as a guide, and assigning students the special topics that you discussed together that day.

May the Holy Spirit guide you as you probe the treasures of God's Word!

LESSON ONE

Read 1 Timothy 1:1-7

I. Paraphrase it!

The best way to understand the Bible is to put what you read in your own words (to make your own translation). This assures the fact that you understand everything you read. It is a bit difficult at first, but as you practice it, it will become easier. The first step in each lesson will be to put the passage in your own words. I'll do the first verse and you do the rest.

Vs. 1: Paul who was a special servant of Jesus Christ commanded to be this by God our Savior and by Jesus Christ whom we look forward to seeing.

Now you paraphrase the remaining verses. . .

Vs. 2:

Vs. 3:

Vs. 4:

Vs. 5:

Vs. 6:

Vs. 7:

II. Pull it apart:

1. Vs. 1: Who wrote this epistle and how does he characterize himself?
2. Vs. 2: To whom was the epistle written?
3. What three things does Paul desire for Timothy?
4. Vs. 3: Why did Paul want Timothy to remain at Ephesus?

5. Vs. 4: With what were these false teachers concerned?
(Remember, put this in your own words)
6. Vs. 5: How does Paul characterize the threefold aim of the Christian's life?
7. Vs. 6: What has happened to people who have forgotten that these are the main goals of the Christian life?
8. Vs. 7: How does Paul characterize these people?

III. Make it work!

Having arrived at some general challenges from this passage, the next step is to apply them in specific, practical ways to your personal life. Here are some questions that will help you:

1. Paul was concerned about people who were always talking about religion, but who did little. Make a list of the things that you should do to help God's church, to further the gospel in the world, and to express Christian love to people in need. Ask the Holy Spirit to help you do these things.

IV. Prayer:

Each Bible study should be concluded with prayer. There is nothing wrong with organizing your thoughts before you turn to God in prayer. This page will help you do that. First, make a list of all the things that you are thankful for today. Include special answers to prayer, blessings that impressed you yesterday in a special way, etc. Next make a list of specific requests that you should make. These should be requests for other people and for yourself. Include in these requests specific prayers that God will help you accomplish the challenge of his Word for today.

1. List all the things for which you are especially thankful today.

2. List the things for which you should pray:
 - a. Other people. . .

 - b. People who need your love—pray that God will open a special door so that He can show them that love through you.

LESSON TWO

Read I Timothy 1:8-20

I. Paraphrase it!

Put this entire passage in your own words.

1. Vs. 8
2. Vs. 9
3. Vs. 10
4. Vs. 11
5. Vs. 12
6. Vs. 13
7. Vs. 14
8. Vs. 15
9. Vs. 16

10. Vs. 17

11. Vs. 18

12. Vs. 19

13. Vs. 20

II. Pull it apart:

Let's try it again. Read through this passage and try to answer these questions in your own words:

1. Vs. 8-12 For whom did God give the law, according to these verses?
2. Vs. 13: How does Paul characterize his former life?
3. Have you ever done these things against God? When and how?
4. Vs. 14: In what way did God's grace come to Paul?

5. Vs. 15: How does Paul characterize himself in this verse?

6. Vs. 16: Why did Paul receive God's mercy according to this verse?

7. Vs. 17: How does Paul describe Christ?

8. Vs. 18-20: Summarize in one sentence the meaning of these three verses.

II. Make it work!

1. Paul lists his three major failures in verse 13. He says that he blasphemed, persecuted, and insulted God's church. In what specific ways have you failed God? Make a list of them.

2. Now select two or three specific failures. What must be done to overcome them? Ask God to do it.

3. You have made a list of the ways in which God's grace has “overflowed” in your life. What great thing should you do for God because of this favor?

4. Are you certain that in spite of all your sins God has saved you? How does verse 16 help you gain assurance?

5. Jesus is described in verse 17 as the King of the Ages, immortal, invisible, and the only God. With what kind of attitude should you face this day, knowing that this Jesus is “on your side”?

III. Prayer

1. Refer to the special list of all the ways in which God's undeserved favor has “overflowed” in your life, and thank him for each thing you wrote down.

2. Ask God's forgiveness for your failures and pray that He will help you overcome the specific ones you have chosen to correct today.

LESSON THREE

Read I Timothy 2:1-7

I. Paraphrase it! Put this entire passage in your own words.

1. Vs. 1

2. Vs. 2

3. Vs. 3

4. Vs. 4

5. Vs. 5

6. Vs. 6

7. Vs. 7

II. Pull it apart

1. What charge is given to Timothy in verses 1 and 2?
2. List the four things that Timothy was to instruct the church to do. (vs.1)
3. Now list the three categories of people for whom we should do these things. (vs. 1, 2a)
4. What reasons does Paul give for such prayer?
(vs. 2b, 3)
5. How does Paul characterize Christ in verse 4?

6. Do you believe that Jesus really desires all men to be saved? If so, what are you doing to work for such a goal?

7. Who is Jesus according to verse 5?

8. What did Christ do? (vs. 6)

9. What is Paul's relation to all of this? (vs. 7)

III. Make it Work

1. Make a list of the rulers for whom you should pray today.

2. We learned that Christ gave himself as a ransom for us. He gave us everything He had! Make a list of the time, talents, and money which you are giving to Him.

LESSON FOUR

Read I Timothy 2:8-15

I. Paraphrase this passage.

1. Vs. 8:

2. Vs.9:

3. Vs. 10:

4. Vs. 11:

5. Vs. 12:

6. Vs. 13:

7. Vs. 14:

8. Vs. 15:

II. Pull it apart

1. Where should men pray according to verse 8? What does this mean?
2. What should be gone from their lives as they pray? (vs. 8)
3. How should women adorn themselves? (vs. 9) Or, in other words, how should women dress for worship in Paul's day?
4. With what great thing should they be concerned? (vs. 10)
5. How should a woman learn according to verse 11? What does this mean?
6. What do you think Paul means in verse 12? Does this refer only to public worship or is this another text highlighting the spiritual authority of husbands/fathers in the Christian home and how that principle applies to the church (The Family of God)?

7. Vs 15 is a difficult verse to understand. It means that women will be saved through the birth of a “Child”—Jesus Christ. While Eve challenged Adam’s spiritual authority in the Garden of Eden by procuring the forbidden fruit, the Seed of the woman will save both male and female from their sins.

8. What four virtues should mark her life according to verse 15?

III. Make it Work:

1. How often do you pray during the day? Resolve today to turn to God as often as you can as you go about your work.
2. List the various circumstances in which you have been angry or have quarreled with someone.
3. What can you do to prevent this from happening again?
4. Do you know of anyone to whom you should apologize?

5. According to this passage, a Christian should adorn his or her life with good works. Make a list of the good works or Christian virtues which you desire most.

6. The secret of the Christian life is that God will work miracles in our life. Ask God to change you and produce these virtues!

IV. Prayer:

1. Begin today by thanking God for specific blessings in your life. Make a list of them.

2. Pray that God will help you become more conscious of Him (III,1)

3. Pray that God will help you refrain from quarreling (III,2)

4. Refer to the list of virtues which you made in III, 3 (previous page) and ask God to produce them in your life.

LESSON FIVE

Read I Timothy 3:1-13

I. Paraphrase it:

1. Vs. 1:

2. Vs. 2:

3. Vs. 3:

4. Vs. 4:

5. Vs. 5:

6. Vs. 6:

7. Vs. 7:

8. Vs. 8:

9. Vs. 9:

10. Vs. 10:

11. Vs. 11:

12. Vs. 12:

13. Vs. 13:

II. Pull it apart:

1. What statement does Paul make about the office of elder (bishop) in the church in verse 1?

2. Make a list of the qualifications a man should have for the office of elder as given in verse 2?

3. What qualifications are stated in verse 3?

4. What qualifications are stated in verse 4?

5. Why are the qualifications listed in verse 4 important? (vs. 5)

6. Why shouldn't a recent convert fill this office? (vs. 6)

7. What qualifications are desired for those who are deacons? (vs. 7)

8. What qualifications are listed for deacons in verse 8?

9. What do you think verse 9 means?

10. What should you do before you elect someone to the office of deacon? (vs. 10)

11. 11. How are the wives of the office bearers in the church characterized? (vs. 11)

III. Make it run!

1. Analyze the situation in your own family. How can God improve you as a parent or as a young person. List some of your failures and ask God make you overcome them today.

2. Here is a check list of Christian virtues. Rate yourself:

*Are you above reproach in your Christian life?

*Are you faithful in your marriage?

- *Are you temperate—able to control your temper?
- *Are you sensible—calm and sober in your Christian life?
- *Do you try to act dignified but not to be a “stuffed shirt”?
- *Are you hospitable? When is the last time you opened your home to someone?
- *Do you teach others about Christ? If so—when was the last time you spoke to someone about your Savior?
- *Do you have a problem with drinking?
- *Are you gentle and meek?
- *Are you quarrelsome?
- *Do you love money?

Were you honest? Select two of the categories that need the most improvement. Write a short paragraph now on how you want God to improve you. What must he do?

LESSON SIX

Read I Timothy 3:14-16

I. Paraphrase it:

1. Vs. 14

2. Vs. 15

3. Vs. 16

II. Pull it apart:

Packed into verse 16 are the great mysteries of the Christian religion. We speak of the Seven Wonders of the World. These are the six wonders of Christianity. Here is a brief explanation of each one of them:

1. **“God was manifest in the flesh.”** No other religion in the world claims that the Creator of Heaven and earth, took on our form in order to suffer and die for us! Think of the vastness of the universe—and then, of the fact that the God who

made this all was born as a helpless infant, in a barn, to die the death of a common criminal on the cross!

2. **“Vindicated by the Spirit.”** This means that God declared Jesus Christ to be perfect and just. He did this when He raised Jesus from the dead. If Christ had been sinful himself, He would have remained dead. But He was perfect and His resurrection declared it to be so. This perfection is given to you and me as our very own through faith.
3. **“Seen by angels.”** This is an allusion to the other race of intelligent creatures which inhabit the universe, namely, the angels. These angels have served Christ. They watched him enter the world and His ascension and return to glory. We often think that we are the only ones interested in Christ. But think of the fantastic interest in the angelic kingdom in what God has done and is doing.
4. **“Preached among the nations.”** And this we see coming true. Who can measure the impact which He has had in the lives of millions of people who have come to know and love Him as Lord?
5. **“Believed on in the world.”** Men accepted Him everywhere and in that acceptance of Him as Savior, found their lives dynamically transformed.
6. **“Received into glory.”** Jesus is ruling now and every being and power in the universe are placed under His control! He is coming again with a display of that power and great glory!

1. How is God's greatness displayed in the fact that He became man and lived among us?
2. What is the great wonder of the resurrection; what does it mean to you?
3. Who are the angels and what interest do they have in salvation?
4. In what ways is Jesus being preached throughout the world today? Be specific in your answer.
5. Describe the change which occurs when a man accepts Christ.
6. What do you think Christ looks like now? What is He doing now?

III. Make it run!

1. Can you think of any specific way in which, God who became man, can change your attitude today?

2. We learned that Jesus is in glory and has all things under His control. If so, then it is senseless to worry. What things are you worried about? Are you going to worry about them again today, or submit them to the Savior's control?

3. In what specific way are you going to tell someone about Jesus today?

IV. Prayer:

1. For what things are you thankful?
*For the fact that God became man.
* For the fact that Jesus rules over all.

2. How are you going to tell someone about Christ today?

LESSON SEVEN

Read I Timothy 4:1-10

I. Paraphrase it!

1. Vs. 1:

2. Vs. 2:

3. Vs. 3:

4. Vs. 4:

5. Vs. 5:

6. Vs. 6:

7. Vs. 7:

8. Vs. 8:

9. Vs. 9:

10. Vs. 10:

II. Pull it apart:

1. What will happen in the “latter days”? (vs. 4)
What do you think the term “latter days” refers to?
2. How will people forsake Christianity according to Verse 1:

Verse 2:

Verse 3:

3. How could Timothy become a good minister according to verse 6?

4. What positive advice is contained in verse 7?

5. How would you go about that?

6. Why is spiritual training such a valuable exercise? (vs. 8)

III. Make it run:

1. Are you guilty of legalism in Christianity?
Christianity is not a matter of “do's and don'ts”, but a matter of love to God. You must obey his laws—but you must obey them because you love Him and are grateful for what He has done.

Think about this for a little while. Why are you trying to obey God? Are you trying to win His favor by that obedience? Or, are you trying to obey him because He has already shown favor to you in saving you through Christ?

2. Can you think of people who have added requirements to Christianity? Have you?
3. Here are four areas in which you might need spiritual training. What can you do to improve them?

- *Your prayer life.

- *Developing the special Christian virtues of love, kindness, interest in others, etc.

- *Aiding God's church and kingdom

- *Witnessing about your Savior to others

IV. Prayer:

1. Thank God for the special blessings sent into your life this week.
2. Try to draw up an “ideal” program of spiritual exercise. What should you do to train yourself in godliness?

LESSON EIGHT

Read I Timothy 4:11-16

I. Paraphrase it!

1. Vs. 11:

2. Vs. 12:

3. Vs. 13:

4. Vs. 14:

5. Vs. 15:

6. Vs. 16:

II. Pull it apart:

1. What does verse 11 mean?
2. How was Timothy supposed to make men respect him in spite of his youth? vs. 12
3. What three things was Timothy supposed to do? vs. 13
4. What charge is given him in verse 14? Try to explain the meaning of this verse.
5. How was Timothy to carry out his work? (vs. 15)
6. Why was Timothy supposed to watch closely what he did? (vs. 16)

III. Make it run:

Now try to draw some specific applications from this passage for your own life. Timothy was to be an example in speech, conduct, love, faith, and purity. Write down a few practical suggestions as to the way in which God can make you an example in each of these areas.

1. Speech
2. Conduct
3. Love
4. Faith
5. Purity

Timothy was to preach and teach the Word. How can you foster the study of God's Word both by Christians and non-Christians alike? Make a list of some specific things you can do to get others to study God's Word.

IV. Prayer:

1. Things for which you should give thanks:

2. Requests to be made:

* For others:

*For yourself:

a. Pray that God will help you be an example in each of these five areas. (III,1)

b. Pray that God will help you get the people to study His word in the ways you have outlined.

LESSON NINE

Read I Timothy 5:1-16

I. Paraphrase it!

1. Vs. 1:

2. Vs. 2:

3. Vs. 3:

4. Vs. 4:

5. Vs. 5:

6. Vs. 6:

7. Vs. 7:

8. Vs. 8:

9. Vs. 9:

10. Vs. 10:

11. Vs. 11:

12. Vs. 12:

13. Vs. 13:

14. Vs. 14:

15. Vs. 15:

16. Vs. 16

II. Pull it apart:

1. According to verse 1, how are we to treat:

*Older men:

*Younger men:

2. According to verse 2, how are we to treat:

*Older women:

*Younger women:

3. Who bears the primary responsibility for taking care of someone in trouble? (vs. 4) How does Paul emphasize that in verse 8?

4. In verse 9, Paul speaks about the enrollment of widows in the church. We have never been able to understand just what he means. This must have been some kind of recognition granted to older widows by the church.

5. List the five qualities of Christian motherhood found in verse 10.

6. What do you think washing the feet of saints means?

7. What desire does Paul express for young widows in verse 14?

III. Make it run:

1. Have you been showing the proper respect to other people? Or, do you have a tendency to “use” people?
2. Make a list of the people who are important to you.
3. How do you treat those who are younger than you are (especially teen-agers)? Do you have a teenager who is close to you? What can you do to understand him or her better? (If you are a teenager—how do you treat those who are older than you?)
4. Do you have someone who is a widow or widower in your family? What are you doing to share the burden with them?

IV. Prayer:

1. Blessings for which I am thankful.

2. Requests I must make for others:
 - a. Don't forget to pray for the widows and widowers you know and ask God to help you do something to share their burden today!
 - b. Pray that God will help you love and respect all people, not for what you can get out of them, but because God loves you!
 - c. List the needs of your pastor today and pray for him.

LESSON TEN

Read I Timothy 5:17-6:2

I. Paraphrase it!

1. Vs. 17:

2. Vs. 18:

3. Vs. 19:

4. Vs. 20:

5. Vs. 21:

6. Vs. 22:

7. Vs. 23:

8. Vs. 24:

9. Vs. 25:

Chapter 6

10. Vs. 1:

11. Vs. 2

II. Pull it apart:

In the last section we studied, Paul discussed the proper relation with people who are older and younger than we are, and the widows. He now discusses the proper relationship of all Christians to those in authority. He deals especially with respect shown to pastors and respect of slaves to their masters.

1. Can you figure out the two recommendations which Paul makes about the proper treatment of pastors? (vs. 17,18) Is your pastor held in high esteem in your church?
2. Is your pastor properly paid and cared for?
3. What should you do about rumors or gossip about the office bearers in your church? (vs. 19)
4. What should be done with Christians who persist in sin? (vs. 20)
5. Paraphrase the warning which Paul gives to Timothy in vs. 21.
6. What caution is urged in ordaining men to the ministry? (vs. 22)
7. Can we always do something about office bearers in the church who seem to lead sinful lives? (vs. 24)

8. Do think that ministers do a lot of good that is never noticed by their churches? (vs. 25) What good things might these be?

9. What advice does Paul give to Christian slaves in verse 1 of chapter 6?

10. How should a slave act if his owner is a Christian? (6:2)

III. Make it run:

1. Is there some way in which you can let your pastor know that he is appreciated? Do it!

2. Are you certain that your pastor's material needs are taken care of? Can you do something to help him financially?

3. Are you critical of your pastor(s)? Make a list of the areas you find fault or weakness. Now in your prayer today, take each one of these before God and pray for your pastor.

4. What kind of worker are you?
5. What specific thing can you do today to improve the quality of your work?
6. Are people attracted to Christ because they see you as a faithful and diligent worker?

IV. Prayer

1. List the blessings for which you are thankful. Don't forget to thank God for your pastor and your church.
2. Requests to be made:
 - a. Pray for your pastor. List his needs and weaknesses and bring each one to God.
 - b. Pray that God will open up a way for you to show your pastor that you support him in his ministry.
 - c. Pray that God will bless your work this week and make you efficient and diligent in all that you do.

LESSON ELEVEN

Read I Timothy 6:3-10

I. Paraphrase it!

1. Vs. 3:

2. Vs. 4:

3. Vs. 5:

4. Vs. 6:

5. Vs. 7:

6. Vs. 8:

7. Vs. 9:

8. Vs. 10:

II. Pull it apart:

1. Try to explain the meaning of verse 6.

2. Paul is telling us in verse 6 that true wealth consists of two things. Define each one.
 - a. Godliness-

 - b. Contentment-

3. Even if we don't have a lot of money, with what should we be content? (vs. 8)

4. What happens to those who desire to be rich? (vs.9)

5. How is the love of money described in verse 10? What is the result of the love of money according to this verse?

III. Make it Run:

1. What things can you do today to make yourself more content? (One of the best ways to gain contentment is to concentrate on all that you have, and forget the things you don't have.) So, make a list of all the things you have!

2. How can the Holy Spirit make you more godly today? Make a list of the things that would make you look more like Jesus.

3. Do you want to be rich? What kind of wealth are you going to work for today?

4. Look up verse 7. How is this going to affect your attitude at work today or tomorrow?

IV. Prayer:

1. Things I'm thankful for: You made a list of all the things you have. Now thank God for them all—one by one!

2. Requests:
 - a. What other people need your prayers today?

 - b. Ask God to cultivate a desire for true spiritual wealth within you.

 - c. Ask God to grant more peace and contentment.

 - d. Ask Him for more godliness.

LESSON TWELVE

Read I Timothy 6:11-16

I. Paraphrase it!

1. Vs. 11:

2. Vs. 12:

3. Vs. 13:

4. Vs. 14:

5. Vs. 15

6. Vs. 16

3. In verse 14, Paul tells Timothy to strive to fulfill all that has told him to do. In another place he states that he, Paul, is striving to be the kind of man that God saved him to be. Describe the kind of person that God wants you to be.

4. How does Paul describe Christ in verses 15 and 16?

III. Make it run:

1. Try to state a specific way in which you can improve or strengthen these Christian virtues in your life.
 - a. How can you become more righteous?

 - b. How can you become more Christ like or godly?

 - c. How can you gain a stronger faith?

 - d. How can you show more love?

- e. How can you demonstrate more patience in your life?
- f. In what area of your life could you be more gentle?

IV. Prayer:

- 1. Things you're thankful for:

- 2. Requests you should make:
 - a. For others-

 - b. For yourself. Make a list of the virtues and the ways you decided that you could improve yourself. Bring each one to God in prayer, asking that this improvement actually take place today.

LESSON THIRTEEN

Read I Timothy 6:17-21

I. Paraphrase it!

1. Vs. 17:

2. Vs. 18:

3. Vs. 19:

4. Vs. 20:

5. Vs. 21:

II. Pull it apart:

There are several general challenges which you can derive from these verses.

1. I find two negative challenges and one positive one in verse 17. What are they?
2. What's the challenge contained in verse 18?
3. What is the challenge of verse 19?
4. What challenge and warnings are given to Timothy in verses 20 and 21?

III. Make it run:

It's up to you now. Try to take some of those general challenges and apply them to your life today. What is God telling you to do in these verses?

IV. Prayer:

1. And now make your own prayer page. Make a list of the things for which you are thankful. Next make a list of the specific needs that you should bring to God. Be sure to bring the specific challenges of this passage for your life to Him and ask Him to help you carry them out today.

2. Things for which I'm thankful:

3. Requests to be made:

And in conclusion:

Keep it up! You have been practicing the four basic steps in making the Bible live in your life! Don't stop now. Take another short epistle and work through it. Get a notebook and work out these four steps with each passage. I would suggest that you try to work through the book of James next, and after that turn to some of the Psalms. After that, try the epistle to the Philippians. Then move to one of the gospels. By that time you should be able to handle just about any part of the Bible.