

“DO YOUR OWN STUDY” GUIDELINES & SUGGESTIONS

In addition to our provided studies, you have the option of doing additional studies that you choose on your own. If your group would like to do another study, please consider the guidelines listed below. In keeping with our goal of developing relationships through regular habits, here are some suggestions to consider if you decide to choose your own study:

- All group members should be working on the same study.
- Minimum requirement of 5 days per week for full credit.
- Daily devotional time should consist of reading, reflection, and prayer.
 - ⇒ If you are following a plan that doesn't have built-in reflection and application questions, we suggest using the R.E.A.P. acronym (see back side) to supplement your study.

Please keep in mind, these are guidelines to support building your daily habit, not a list of strict rules that must be followed. Group leaders, use your best judgment if selecting a study outside the normal Forged & Refined studies.



R.E.A.P. STUDY METHOD

*Adapted from David Platt's
"Secret Church: The Cross and Everyday Life"*

READ a passage of Scripture.

EXAMINE the passage for greater understanding.

- What is happening in this passage?
- What words, phrases, or ideas seem particularly important?
- What is God doing in this passage? What does this text teach me about Jesus or the Gospel?

APPLY the passage to your life.

- What new truths do I need to embrace?
- What sin(s) do I need to repent of and/or avoid?
- What command(s) do I need to obey? (How should I change my attitudes and habits?)
- What principle(s) need to affect the way I think, speak, and/or act? How will I implement changes in all areas of my life based on these principles?
- By the power of God's Spirit, what can I do **TODAY** to apply God's Word to my life?

PRAY about what you've read

- Ask God to change your heart, mind, attitudes, actions, and relationships that might not be in accordance with His Word. Pray that He would show you how to share with others what you've learned. Consider using the A.C.T.S. acronym.
 - ⇒ **Adoration:** Give God praise and honor for who he is as Lord over all. Don't think about yourself yet, but rather focus on God.
 - ⇒ **Confession:** Honestly deal with the sin in your prayer life. Ask God to search your heart.
 - ⇒ **Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.
 - ⇒ **Supplication:** Finally, pray for the needs of others and yourself. *This is where your prayer list comes in!*