

YOUR LIFE IN THE **RED ZONE**

BIBLE STUDY – YOUR DAILY PRACTICE

REPLAY

Every day of the season, you and the team go out on the field for practice. You work on the basics of tackling, running, and dodging. You hit padded dummies and practice from a line of scrimmage. You do this daily because the game requires it. When you are on the field, you have to be ready. You need to know what you will do if the play is a passing play or a rushing play. If you don't practice, you aren't ready when the center snaps the ball.

GAME BOOK

As a Christian, you have a daily practice to follow. It's called Bible study. You need this time in the Word of God. It strengthens you. It nourishes you. It makes you a player on God's team. And like all players, you need a plan.

Many people begin a Bible study with good intentions but give up. They might have set a goal for too many chapters a day. They might have started in a difficult book. There are simple steps that you can follow to set up your daily practice for success.

1. Schedule one chapter each day. One chapter will get you through the Bible in about 3 years. As you become set in your schedule, you may increase the number of chapters you read each day. A single chapter will also make for a good number of verses except for a few places. For example, when you read Psalm 117 with its 2 verses, you can also read Psalm 118. And then, you can spend a few days in Psalm 119 (which has 176) verses.
2. Start with Matthew or Mark. These two gospels tell the life of Jesus in an easy to read way. They provide a good foundation for Christian living.
3. Alternate testaments. Read one book from the New Testament and then one from the Old. This will keep the material fresh and nonrepetative.
4. Keep track of your reading on a separate sheet of paper. This way, you can see exactly how much progress you have made.
5. Underline important verses each day. Every day, God is speaking to you and calling for change in your life. Every day, mark a verse where God has spoken to you. Then write it down and the application on your record. Then, you can look back through it in later years and see how God has worked in your life.
6. Choose a modern translation. If you already use an older translation and can read it easily, then by all means, continue. But the goal of Bible study is to understand.
7. Have a Bible background book on hand. Even though it isn't Scripture, knowing the customs and practices being referred to will go a long way to helping

you make the most of your Bible study. Some Bibles even have study notes in the margin and footnotes. For example, a note on Matthew 3:7 might note that the Pharisees were more popular among the common Jewish people than the Sadducees were.

TAKE-AWAY

You want to be ready for the game? You need practice. Along with prayer and worship, you need this time of Bible study. View it as your practice. The more you practice, the better you play the game. The better you play the game, the more you enjoy it.

When you get down at the line next week, and the opposing team lines up, you'll be glad for the time you spent in practice.