

# How to Study the Bible

An Interactive Workbook



A Hands-On-Workbook for women  
wanting to study the Bible and go deeper!

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# Hello and Welcome!

Welcome! I'm so glad you have joined on this journey to study the Bible! First, I will confess that I do have a Bible degree, but I started studying the Bible long before getting that piece of paper. I am convinced that ALL women, no matter their background, can study the Bible.

My name is Sarah I know just what it's like to have grown up in church, read the Bible, and still feel basically clueless about what it says. More than anything I wanted to learn about the Bible, but didn't know where to start or how to continue. That was me, fourteen years ago. Today, I'm still a busy mom with five kids, but I'm also different. I've experienced for myself the life-changing power of the Word of God and I want to invite you to experience it for yourself.

I'M HERE TO CHEER YOU ON!

Our lives are not straight lines. There are twists and turns and 180-degree pivots. You might find yourself living a life you never imagined. We will never make you feel guilty or silly for not understanding something about the Bible or because you might feel stuck in your Bible reading.

In this workbook you will find lots of information but also some hands-on assignments to help take the head knowledge and make it practical habits. Reading all of this will help you get started, but the activities and blank spaces are for YOU to make real changes in your life.

Let's Start Today!

*Sarah*

# THE ONE STORY OF THE BIBLE

What is the **one** story of the entire Bible?

In one word, JESUS. Jesus is the center of the Bible. From the Old Testament to the New Testament we see patterns of Jesus throughout every story. Each story, poem, genealogy and yes even the boring laws in Leviticus all points to Jesus. For example, you can read these articles that point where to find Jesus.

The Bible Project

<https://bibleproject.com/blog/how-does-the-bibles-story-lead-to-jesus/>

Great List

<https://sermons.faithlife.com/sermons/13236-scriptural-pictures-of-jesus-in-the-old-testament>

Look up each of these familiar passages and write down how Jesus is represented here.

Genesis 22 & Hebrews 11:19

Exodus 12:3 and 1 Corinthians 5:7

Leviticus 25:25 and Ruth 2:1



# WHAT ARE THE 7 GENRES OF the Bible?

1. **Narrative**  
What happened? Genesis Exodus, Esther, Ruth Nehemiah, Ezra.

2. **Poetry**  
Vivid figurative language. The Book of Psalms, parts of the prophets.

3. **Wisdom**  
Moral, ethical laws. Practice topics: Job, Proverbs, and James

4. **Prophecy**  
Oracles most likely written down later: Isaiah, Jeremiah, & Micah,

5. **Gospels**  
Proclaims Jesus' life, death and resurrection. First-generation of the church.

6. **Epistles**  
Letters to specific individuals or groups for special reasons.

7. **Apocalypse**  
The book of Revelation and parts of the book of Daniel are revelations.

Second Timothy 3:16-17  
(ESV)

*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*



## 4 QUESTIONS TO ASK

*Use these questions for any passage you are reading and record all of the information you already know. You know more than you think you know!*

1) What is the background information? Who? What? When? Where? Just the facts. Record what you can glean from just reading.



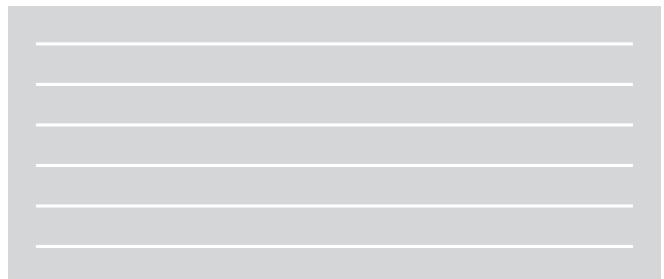
2) What happened? What is happening? What actions are taking place? It is important to notice what is actually happening.



3) What does this passage reveal about the character of God? All scripture is about God, so what does this teach me about God?



4) How can this passage affect my life today? Scripture tells us about God, but also changes our behavior. How does this passage change me?



# 4 PLACES TO START READING THE BIBLE

1) The Gospel of John. This is a great place to read with so much vivid language and a clear picture of Christ

● New Testament

● 21 chapters

2) The Gospel of Mark. This book is also a good place to start because Mark is clear and easy to follow.

● New Testament

● 16 chapters

3) Psalms. This book is full of poetry, history, and emotions. Psalms is a great book to start with because it addresses every single feeling we as humans face.

● Old Testament

● 150 chapters

4) Genesis. Start at the beginning. You might have started here, but make sure to keep reading. Each story points to Christ.

● Old Testament

● 50 chapters

# 3 Free Online Resources

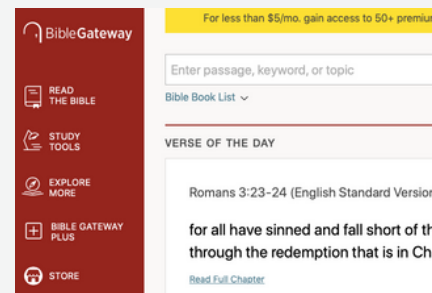
These free websites are a great place to start when you've never studied the Bible. Each one is similar but have different features. I'm not going to go into depth for each site, but I would recommend you look up each website and look around. Explore and see all of the wonderful features each one provides for us.

## BibleGateway.com

LOOK UP SPECIFIC VERSES OR WORDS

SEVERAL BIBLE DICTIONARIES

OVER 230 BIBLE TRANSLATIONS



## BlueLetterBible.org

SEE THE GREEK/HEBREW WORD & MEANING

SEE WHERE THAT SAME WORD OCCURS IN THE BIBLE

NOTICE PATTERNS



## StudyLight.org/commentaries/eng

OVER 127 ENGLISH COMMENTARIES

GET BIBLICAL BACKGROUND ON BOOKS OF THE BIBLE

HELPS ANSWER SOME CONFUSING QUESTIONS





# BIBLE READING PLANNING GUIDE



ANSWER  
THESE  
QUESTIONS:

1

**Where do I read in my Bible?**

2

**How long can I spend?**

3

**What should I do?**

4

**What do I write down in my notebook?**

5

**How do I end my time?**

## 1. WHERE?

Where do I read in my Bible? You can read in:

Genesis. The book of beginnings would be a great place to start. Psalms. The book of Psalms is a book of songs. It love reading Psalms. The Gospel of John. I love this gospel. It is both simple and profound. It is great place to start as you discover who Jesus is.

## 2. HOW LONG?

15 minutes? 30? An hour? After you determine where to read, you need to determine how much time you have to give. Before you figure out what to read, figure out the set amount of time. You might do less on some days (or more!) Set your timer on your phone and stick to what you've pre-decided you are more apt to go over than under.

## 3. WHAT DO I DO?

A chapter is about 3-5 minutes. So do the math! If you have 15 minutes you can read three chapters. If you have more time, you might want to still just read for 15 minutes and then journal the rest of the time. This is also a great time to pray. You can also look up your questions. (See below for a list of resources.)

## 4. WHAT DO I WRITE?

First, you can write out God's word. This is a great practice to get into as it slows us down. Second, you could also write your questions. You will have questions - but that's ok! As you read, write them down and revisit them later. Third, you could also write down your prayer requests or your entire prayers out to God.

## 5. HOW TO END?

Prayer! I would highly recommend praying before and during your Bible reading time, but if you don't, at least pray at the end! No matter what ask God to speak to your heart and ask the Spirit to remind you of the words you read throughout your day. (See below for prayer prompts!)



# Thank you!

The changes that come when you begin to read and study God's Word and apply it to your life are powerful:

- Even when everything goes wrong, you have a steady peace
- Even when confusing and frustrating situations arise, there's wisdom at your fingertips to search through for answers
- You gain confidence in who God is and what He says, because you can read and understand it
- and that's just the beginning...it's amazing what God does when you begin to hide His word in your heart

That's why I've gathered my years of study and compiled them into these easy-to-use GUIDES and BIBLE STUDIES

You'll be able to do that deeper studying and gain that greater understanding you've been longing for, even in the middle of whatever crazy season you're in.

Let's do this, together!

Read more here: <https://sarahefrazer.teachable.com/p/lets-read-the-bible>



## Join me on Instagram!

@sarah\_e\_frazer

*I would be happy to help you grow closer to God and learn how to trust Him more fully. Let's start by getting into God's Word!*

*Click the link below to get a free prayer challenge.*

*[sarahefrazer.com/prayer\\_](https://sarahefrazer.com/prayer_)*