

# SPIRITUAL EXERCISES WORKOUT SHEET

## THE EXERCISE OF STUDY



This exercise is designed to give you a “starter” each day of 6 different ways of engaging with God’ Word. Over time, you will find a way which suits your personality and lifestyle. Consider investing in a Study Bible or Bible study notes. There is a huge variety to choose from in Christian bookshops. Or log on to a bible study programme on the internet eg [www.scriptureunion.org.uk](http://www.scriptureunion.org.uk)

Set aside 10 minutes each day this week to do the following.

Choose one of the following books of the Bible: Mark, 1 Peter, Ephesians

**Day 1** Read the first three chapters of the book you have chosen.

**Day 2** Choose one chapter, or part of a chapter, from yesterday’s reading that you particularly want to focus on. Using a bible commentary or bible study notes or the internet, explore the meaning of the passage further.

**Day 3** Slowly read your chosen passage, this time reading it with your heart. Meditate on it. What is God saying to **you** through his Word?

**Day 4** Turn your chosen passage into prayer for yourself and others.

**Day 5** Write in your journal what you have learned from your bible study this week.

**Day 6** Choose a verse to memorize which has particularly spoken to you . Write it on a bit of paper and stick it where you’ll see it daily, or use it as your computer desktop.

**Day 7** Join your worshipping community and hear God’s Word preached.

**Lord, give me a hunger for your Word. Help me to read, mark, learn, and inwardly digest it, so that I may grow strong in Christ. Amen.**