



**ARM
Yourself
Bible
Study**

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How to use the ARM Yourself Bible Study from Ninja Mom Teaches.

A- Ask
R- Read
M- Meditate

When you approach Scripture, come ready to receive. ARM yourself. Begin with prayer, continue to read, and meditate on what you have just read.

What does it mean to meditate?

Consider the inductive Bible study method:

Observation: What do you see in the passage. What is the location? Who is the original audience? What is the original context or framework?

When you are observing, you ask questions like:

Who?
What?
When?
Where?

Interpretation: Understanding the original audience, location, and framework... what can you deduce from the passage?

Ask questions like:
Why?

Application: Once you have observed and understood the author's intent and framework, how can you apply the passage to your life?

Ask questions like:
How?

DATE:

ASK

Pray and ask the Lord for guidance as you read in the Bible. Ask Him to give you understanding and wisdom as you look at today's passage.

Prayer Requests:

Answered Prayer:

READ

MEDITATE

DATE:

Observations:

What are the key words or phrases?

What observations do you have of this passage

Interpretation:

Think about the original audience and author. Think about the original context. How would you interpret this passage? What other verses does it bring to mind?

Application:

How can you apply this passage to your life?

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