Juliann Jantz is currently a graduate student at Southeastern Baptist Theological Seminary pursuing a Master’s of Arts in Ministry to Women. She is from a small town in southern Oklahoma and loves to spend her time baking, playing guitar, and watching college football. Restoration Church in Wake Forest, N.C., is where she attends and serves on the women’s discipleship team. Her passions include mentoring younger women and helping them grow in their walk with the Lord.
DEAR SISTER,

Jesus tells His followers to abide in Him (John 15). We abide in Him through learning His Word and praying daily. This abiding journal is a tool to help you start abiding in Jesus while learning how to understand the Bible and apply it to your life.

On the next page you will learn the SWORD Method. This is a super easy way to understand any passage in the Bible by asking six simple questions. This month use the SWORD method to study 1 John and Philippians. Each day read the verses and ask yourselves the questions you learned for the SWORD method. Begin your time in prayer asking the Lord to speak to you through His Word! Every day as you read the passages and answer the questions using the SWORD method write your answers in the space provided.

Having a relationship with God is just like your relationship with your best friend. If you do not spend time together communicating, then you will not know each other well. Will you commit to spend time each day getting to know God and learning about His plans for your life and the world? I promise your life will forever change when you slow down, give God your time, and commit to following Him.

LOVE,

a fellow sister
“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

HEBREWS 4:12

The SWORD method uses six simple questions to study the Bible. This works with any Bible passage! Simply read a passage and answer the following questions.

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?
WHAT DO WE LEARN ABOUT GOD?

IS THERE A COMMAND TO OBEY?

WHAT IS THE MAIN POINT?

IS THERE AN EXAMPLE TO FOLLOW?

WHAT IS THE APPLICATION?

WHAT DO WE LEARN ABOUT MAN?
1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER PRAISING GOD FOR THE FOLLOWING:

- FAITHFUL
- CONSTANT LOVE FOR US
- MERCY
- ALL-KNOWING
- TRUSTWORTHY
- SAVIOR
1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

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5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER CONFESSIONING YOUR SINS TO THE LORD.
1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER THANKING GOD FOR ALL HE HAS DONE IN YOUR LIFE.
1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

Spend time in prayer asking our Father for the needs of others and yourself.
1. What is the main point of this passage?

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3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

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Spend time in prayer talking to God.
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**Spend time in prayer talking to God.**
day 9  READ: 1 JOHN 3:11-15

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER TALKING TO GOD.
day 10  READ: 1 JOHN 3:16-18

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER TALKING TO GOD.
day 11  READ: 1 JOHN 3:19-24

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

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SPEND TIME IN PRAYER TALKING TO GOD.
day 15

READ: 1 JOHN 5:1-5

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

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6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER TALKING TO GOD.
day 20  READ: PHILIPPIANS 1:12-18

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

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1. What is the main point of this passage?

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5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

Spend time in prayer talking to God.
day 28 READ: PHILIPPIANS 3:17-4:1

1. What is the main point of this passage?

2. What do I learn about God? About His ways or His character?

3. What do I learn about man?

4. Do I see a command to obey? Is God telling me to do/not to do something in this Scripture?

5. Is there an example to follow/not to follow?

6. How does this passage apply to my life? Based on what I have learned today, how does it change my life?

SPEND TIME IN PRAYER TALKING TO GOD.
1. What is the main point of this passage?

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**SPEND TIME IN PRAYER TALKING TO GOD.**
1. What is the main point of this passage?

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Spend time in prayer talking to God.
GREAT JOB!

Now keep it going. Choose a new book of the Bible such as Galatians or Ephesians and continue learning God’s Word every day by reading a few verses each day and then using the SWORD method.
Scripture Memorization

Scripture declares many things about itself, from giving commands regarding its words to stating rewards for those who know it. The first two verses of Psalm 1 illustrate this point, “How blessed is the man...” whose “delight is in the law of the Lord, and in His law he meditates day and night” (Psalm 1:1a, 2, NASB). Moses told the Israelites in the Shema, “These words, which I am commanding you today, shall be on your heart” (Deuteronomy 6:6, NASB). The writer of Psalm 119 says, “Your word have I treasured in my heart, that I may not sin against You” (Psalm 119:11, NASB). Jesus relates abiding in His words to prayer, “If you abide in Me and My words abide in you, ask whatever you wish, and it will be done for you” (John 15:7, NASB). Paul wrote to one of the early churches, “Let the word of Christ richly dwell within you” (Col. 3:16a, NASB). The effect of knowing Scripture is clearly life-altering!

Methods

Approaches to Scripture memory include formal and informal methods, as well as Scripture memory apps for digital devices. To simply get started, a list of verses and spiral bound index cards are provided as part of your Anchored retreat resources.

Two examples of helpful resources that offer suggestions for Scripture memory are the Navigator’s Topical Memory System and Scripture Memory Made Easy by Mark Water. The following list is a sample of guidelines for getting started in Scripture memorization adapted from these suggested resources.

Getting Started

1. Pray.
2. For every Bible verse you are trying to memorize, read it within the larger context of the chapter and book of the Bible where it is located.
3. Think through what the verse actually means.
4. Use index cards to write out each verse individually.
5. First learn the Scripture reference, then add phrases as you learn them and are able to repeat them together.
6. Aim for 100 percent accuracy as you learn the verses.
7. Review and repeat. Repetition is key to Scripture memory.
8. Have a review plan to review the verses you have learned.
9. Enlist a friend to memorize the verses with you.
Psalm 1

HOW BLESSED IS THE MAN WHO DOES NOT WALK IN THE COUNSEL OF THE WICKED, NOR STAND IN THE PATH OF SINNERS, NOR SIT IN THE SEAT OF SCOFFERS!

BUT HIS DELIGHT IS IN THE LAW OF THE LORD, AND IN HIS LAW HE MEDITATES DAY AND NIGHT.

HE WILL BE LIKE A TREE FIRMLY PLANTED BY STREAMS OF WATER, WHICH YIELDS ITS FRUIT IN ITS SEASON AND ITS LEAF DOES NOT WITHER; AND IN WHATEVER HE DOES, HE PROSPERS.

THE WICKED ARE NOT SO, BUT THEY ARE LIKE CHAFF WHICH THE WIND DRIVES AWAY.

THEREFORE THE WICKED WILL NOT STAND IN THE JUDGMENT, NOR SINNERS IN THE ASSEMBLY OF THE RIGHTEOUS.

FOR THE LORD KNOWS THE WAY OF THE RIGHTEOUS, BUT THE WAY OF THE WICKED WILL PERISH.